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CAR AD PROVOKES OUTRAGE

FORD INDIA SORRY FOR AD FEATURING BOUND WOMEN IN TRUNK OF CAR DRIVEN BY BERLUSCONI
PAGE 20

Ryerson slush funsters get a talking-to

Engineering students involved in alleged 'hazing' incident go unpunished by university PAGE 3

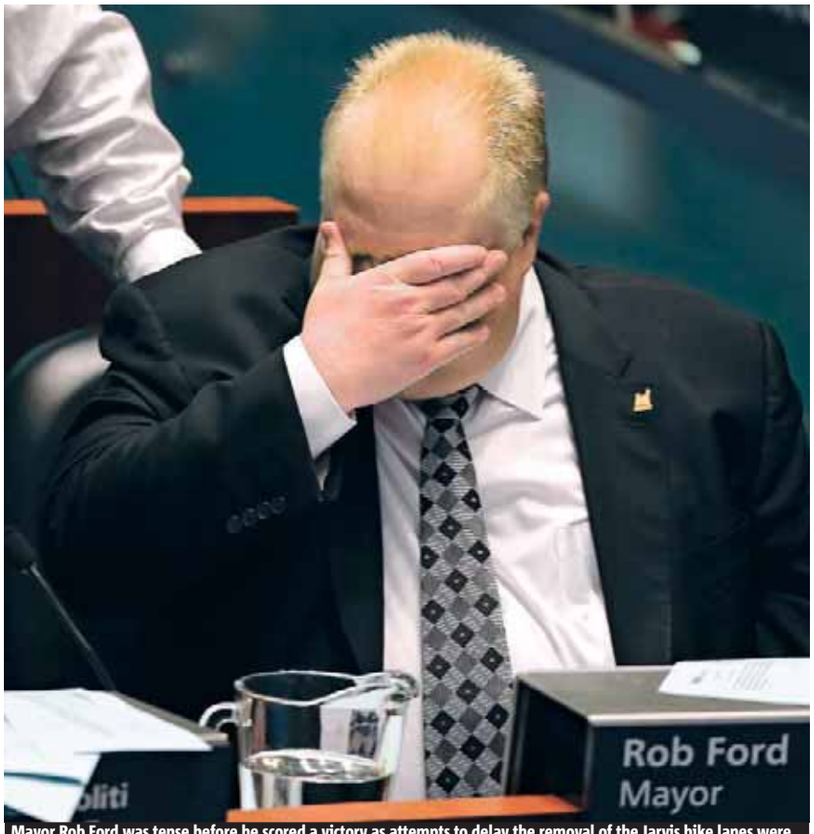
Shootout defeats Leafs

Toronto held Boston to just six shots in the third, but one of those shots tied it up, sending the game into overtime PAGE 42

Same old Lil Wayne, brand new zingers

Tweet-worthy lyrics keep songs fresh PAGE 23

NEWS WORTH SHARING.



Mayor Rob Ford was tense before he scored a victory as attempts to delay the removal of the Jarvis bike lanes were defeated in council in Toronto last October. Neither Ford nor his senior staff have responded to an interview request related to allegations of substance abuse. TORSTAR NEWS SERVICE FILE

'Intoxicated' Rob Ford asked to leave military ball

Alcohol abuse. Inner circle repeatedly urged mayor to enter rehab

Mayor Rob Ford was asked to leave a gala event celebrating the Canadian armed forces last month, because organizers were concerned he was impaired.

The request to leave the Toronto Garrison Ball came two weeks before Sarah Thomson, a former mayoral candidate, created a media storm when she accused Ford of groping her while acting "out of it" at a Jewish political group's event.

It's an open secret at city hall that the mayor has battled alcohol abuse. Those closest to him are concerned for his health and the impact it has on his job as mayor of Canada's largest city. Current and former staff have told Torstar News Service of repeated attempts to persuade him to get help for more than two years and as recently as November. All attempts have been rebuffed.

The Garrison Ball is an annual dinner, attended by 800 soldiers, sailors, air force personnel and civilians. It raised money for the well known Wounded Warriors charity and was held on Saturday, Feb. 23, at the Liberty Grand.

Guests at the event included Minister of National Defence Peter MacKay, Chief of Defence Staff Gen. Tom Lawson and Vice-Admiral Paul Maddison, the commander of the Royal Canadian Navy.

Ford reportedly arrived late to the cocktail and dinner event. He was speaking in a rambling, incoherent manner that alarmed some of the guests, according to organizers, military reservists and a prominent Ottawa conservative, who were interviewed for this story. Toronto Councillor Paul Ainslie, a strong Ford ally, confirmed to Torstar News Service that Ford was asked to leave.

"I'm not against you writing this story. You need to do it … I want this story to come out soon so Rob is forced into getting help," said one former staffer, adding that, politically, Ford's re-election machine believes coming forward publicly and seeking treatment wouldn't hurt him.

TORSTAR NEWS SERVICE

For more coverage, go to page 4.

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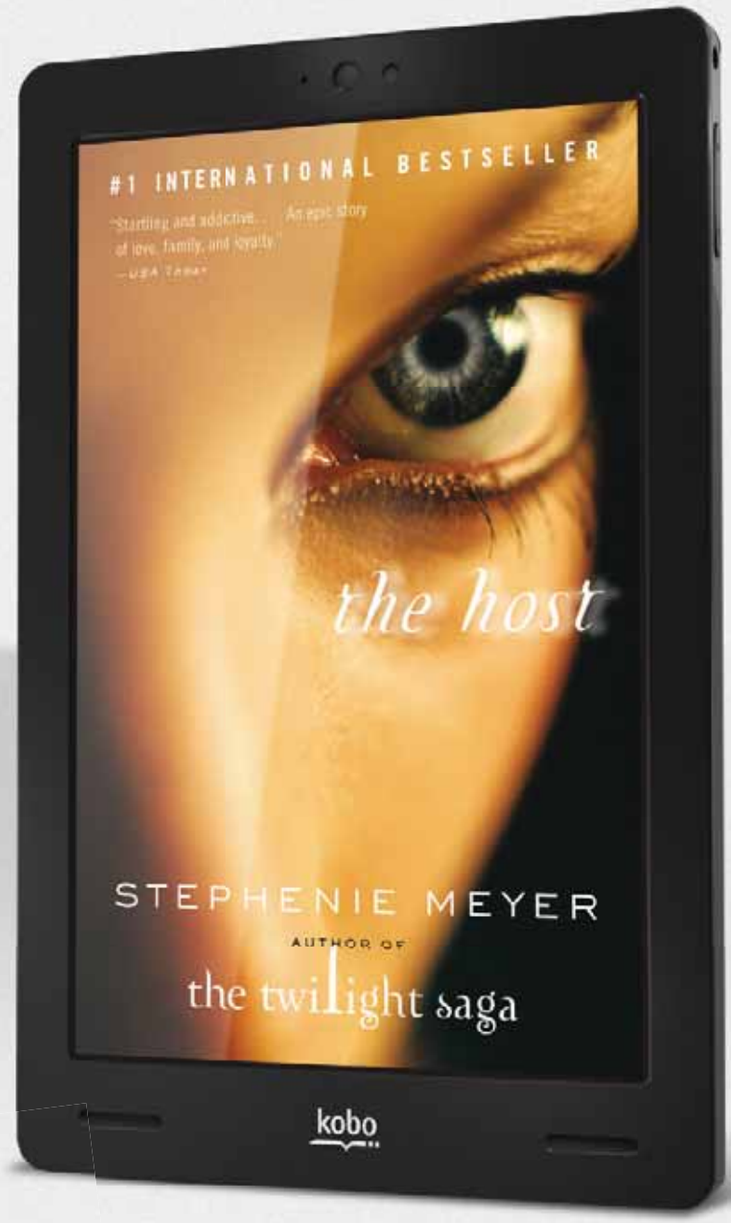

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Public transit

Jumbo streetcars 'not too long': TTC

A new fleet of jumbo streetcars are the right fit for the tight turns and hills of Toronto's streets, TTC CEO Andy Byford says. "These vehicles have been designed specifically for Toronto," Byford said at a Monday news conference, dismissing reports that the new vehicles are too ponderous for existing routes. "They are not too long." The new streetcars will be double the size of existing fleet vehicles and can be boarded through doors along their length, which means there will be fewer TTC stops. TORSTAR NEWS SERVICE

Transit expansion

Discount TTC passes debate sidetracked

A proposal to introduce discount TTC passes for low-income Torontonians was sidetracked Monday by the ongoing debate over funding for transit expansion. Toronto's Board of Health raised concerns that there was no way to fund such an initiative when the city is already struggling to raise enough money to expand public transit. Coun. Gord Perks spoke against using tolls to generate funds and said he would not be "railroaded" into helping the provincial government get away with being "the worst in funding transit in Canada." THE CANADIAN PRESS

Coun. Gord Perks
TORSTAR NEWS SERVICE

Prime minister welcomes jet-lagged pandas

Prime Minister Stephen Harper chats with dignitaries at Pearson airport on Monday as he welcomes Da Mao, one of two giant pandas on loan to Canada from China. The pair of giant pandas touched down at 10:46 a.m. to cheers and squeals of delight at Pearson. Soon after, they were taken by police escort to the Toronto Zoo, where they were put in a 30-day quarantine for monitoring. The pandas won't be unveiled for public viewing in the zoo's new exhibit until Saturday, May 18. FRANK GUNN/THE CANADIAN PRESS

Ryerson student ritual going unpunished

YouTube. Even premier condemns video of half-naked students crawling through slush

An apparent hazing ritual at a Toronto university will go unpunished despite sharp condemnation from school officials, students and even the province's top politician.

Ontario Premier Kathleen Wynne spoke out Monday following the incident at Ryerson University involving a group of engineering students trying to become orientation leaders during next year's frosh activities.

YouTube footage shows the aspiring student leaders in their underwear crawling through ice and slush on an outdoor university skating rink while organizers in blue coveralls shout at them from the sidelines.

Some of the hecklers threw snowballs at the participants,

On hazing

"I think they're outdated ... they are dangerous, and I think we have to do everything to make sure that all our students, in whatever institution, are safe." Premier Kathleen Wynne

and at one point a male bystander appears to spank a female student as she crawls by.

The incident, which took place Thursday, was also being decried by the university itself.

Ryerson president Sheldon Levy issued a statement calling the frosh leader initiation event both shocking and demeaning.

The university later issued a statement saying no action would be taken against the student group.

Rose Ghamari, the group's president, said last week's event was the first wrong note in a tradition dating back seven years. TORSTAR NEWS SERVICE

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Mayor Rob Ford celebrates the arrival on Tuesday of two giant pandas, Er Shun and Da Mao, at Pearson airport. Ford was reportedly asked to leave a military gala last month over concerns he was inebriated. CARLOS OSORIO/TORSTAR NEWS SERVICE

Ford was at dinner for an hour: Reports

Garrison Ball. The mayor and senior staff have not responded to interview requests about the ball or alleged alcohol abuse

Coun. Paul Ainslie, an ally of Mayor Rob Ford, was interviewed by Torstar News Service about Ford being asked to leave the Garrison Ball celebrating the Canadian armed forces last month, because organizers were concerned he was impaired.

"I urged the mayor's chief of staff, Mark Towhey, to have the mayor leave the event," Ainslie said. He would not say why Ford was asked to leave.

Three members of the ball organizing committee said Ford was asked to leave because he appeared impaired. "He seemed either drunk, high or had a medical condition," one of them said.

Neither Ford nor his senior staff have responded to a detailed interview request. "No time today (to talk) sorry. I'm underwater," Towhey said in a text message on Friday. He later added, "I am not qualified to comment on what wonderful things you may or may not be expecting."

The Garrison Ball began with cocktails and a silent auction at 5:30 p.m. Ford did not attend the previous year's ball, but when he arrived this year, organizers were initially pleased.

However, over the next hour, people in attendance noticed that the mayor seemed impaired. According to interviews, he was "incoherent," "stumbling," "rambling," "intoxicated," "slurring," "seemed to be drunk," "was nervous, excited, sweaty, out of it."

Military guests were offended by the mayor's behaviour, according to guests interviewed by Torstar. "It felt disrespectful to the event," one organizer said.

Asked about his interactions with the mayor that night, event co-chair Mark McQueen said in an email, "I don't traffic in gossip," later saying he saw no reason why the mayor would have been asked to leave.

"When I saw him interacting with guests, albeit from a distance, people were cheerfully introducing themselves to him and posing for photographs," wrote McQueen, chair of the Toronto Port Authority, who sat at the head table.

A real-estate agent at the gala, Anita Springate-Renaud, said she spoke briefly to Ford and he did not seem impaired. "He wasn't in any way intoxicated. He seemed fine to me."

Ford was at the dinner for about an hour. At one point, he stumbled and nearly fell on the stairs near the washrooms, according to people involved in organizing the event.

Guests told Torstar News Service the mayor at times stumbled as he walked and they believed he was drunk or otherwise impaired.

Ainslie was approached by another organizer who had an encounter with the mayor and was asked to "get him out of here." Ainslie went to investigate during the meal, then urged Towhey to have the mayor leave, according to a source on the committee. Ford sat briefly at his table during speeches, then left.

"This was a charity event … (some) on the organizing committee felt he was embarrassing the event," the source said.

TORSTAR NEWS SERVICE

Fear of repercussions

- The six guests who provided accounts of Mayor Rob Ford's condition spoke to Torstar News Service on condition of anonymity.
- First, they did not want to be linked to a story that would cast a poor light on the Garrison Ball.
- Second, these guests, who all have prominent positions in the community, feared they would somehow be blacklisted for speaking out about the mayor.

Mayor's loyal staff express concern for his well-being

Those closest to Mayor Rob Ford say the severity of his alleged substance-abuse problem fluctuates. According to past and present staff members interviewed by Torstar News Service over the past year, discussions about getting Ford help for binge drinking have been going on for more than two years.

While current and former staff members spoke privately to Torstar, they did not want their names attached for fear of political retribution.

In the summer of 2011, there was talk about orchestrating an extended "vacation" for Ford and his wife, so the mayor could enrol in a rehabilitation centre. Ford refused.

With formal treatment off the table, staff tried to connect Ford with a prominent citizen who has also suffered from addiction. The mayor would not meet him.

In an interview a year ago, a senior staffer said: "Maybe the mayor needs a wake-up call, something to convince him he has a problem and needs help."

Ford has a small, intensely loyal staff who are concerned for his well-being. According to one former staffer, high-ranking members of his team reached out to Ford several times, but when confronted, Ford would only say: "'I'm good. Don't worry about it.'"

"He does go through periods where he's got it under control," an ex-staffer said, adding that as a mayoral candidate, Ford "was good. He was on. He was there when we needed him to be." TORSTAR NEWS SERVICE

Impaired-driving conviction

- Five sources who have worked closely with Rob Ford say alcohol has been a problem with the mayor for years. They point to the impaired-driving conviction in Florida in 1999 and the infamous Maple Leafs Game in 2006, during which Ford — then a councillor — launched into a drunken tirade at a Durham Region couple. Ford initially denied ever being at the game, but eventually apologized.

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Roads, bridges need a fund to call their own: Wynne

Premier Kathleen Wynne hints at tolls or taxes to pay for road infrastructure repairs and upgrades. KENNETH ARMSTRONG/THE CANADIAN PRESS

'New revenue tools.' Municipalities outside the Toronto-Hamilton area may also face a new tax (or something)

Ontario needs a dedicated fund for roads and bridges, Premier Kathleen Wynne said Monday as she hinted at new tolls or taxes to pay for badly needed repairs and upgrading.

While people in the Toronto-Hamilton area may face road tolls or some other kind of levy to help fund public transit and ease road congestion, municipalities in other parts of the province can't afford to repair roads and bridges, said Wynne.

"The discussion around new revenue tools has been specific to transit at this point, but we need to find a way to create dedicated revenue streams for roads and bridges, i.e. a fund that would allow us to continue to work with municipalities to make sure those infrastructure needs are met," she said.

"The fact is whether we find those dedicated funds within the revenue that exists right now or whether there's a new revenue stream as I'm talking about vis-a-vis transit, I'm very aware that infrastructure is a challenge for us."

Wynne has talked about the need for what she calls new revenue tools — road tolls or some kind of tax — for transit improvements in southern Ontario, but this was her first hint that taxpayers in other regions could also face new charges.

Wynne also warned "another generation of transit building" would be lost if the government followed the NDP's advice and did not look for new revenue streams.

THE CANADIAN PRESS

I know what I don't like

NDP Leader Andrea Horwath refused Monday to give details on how her party would deal with the long-standing "serious" problem of GTA gridlock.

- Horwath said she knows what she doesn't like and that includes dedicated transit taxes or tolls that will be a further financial imposition on struggling Ontario taxpayers.

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Downtown smoked meat eatery to host Passover Seder

The story seeped into Zane Caplansky like the juice of the beef brisket soaks the sandwich he's eating.

Since childhood, he's heard the story of Passover every spring, and can easily recount it himself. He does so now for an unacquainted reporter, over savory smoked meat sandwiches at his College Street eatery, Caplansky's Delicatessen.

"You can't really tell the story of Passover without the symbols of Passover," says Caplansky. The Biblical tale of how the Jews were freed from slavery in Egypt is told and discussed during the annual festival's Seder dinner, he explains.

"It's a reminder of where we've come from and where we are, and also that there's some people that aren't as lucky as we are."

The 44-year-old will host his Seder at the smoked meat hot spot on Tuesday for a third year in a row, one of many celebrations of freedom and faith that will be held across the GTA.

"It's a real honour and pleasure for me," he says, pointing to an ornate plate adorned with the traditional foods of the week-long Jewish festival. There's the hard-boiled egg, the horseradish, the parsley, the succulent lamb shank and haroseth, a sort of chutney made in this case with apple, walnuts and cinnamon, says Caplansky.

And don't forget the matzo ball soup, he adds. Caplansky jokingly calls it "Jewish penicillin" for its ability to cure what ails you. TORSTAR NEWS SERVICE

Zane Caplansky displays a Passover meal. RENE JOHNSTON/TORSTAR NEWS SERVICE

Holy smokes! Israel gets first kosher-certified cigarettes for Passover

The label reads: "Kosher for Passover." ODED BALILTY/THE ASSOCIATED PRESS

Observant Jews in Israel craving a smoke during the week-long Passover holiday that started at sundown Monday can now enjoy a rabbi-approved puff.

It's the first time cigarettes have joined the long list of goods stringently checked to ensure they comply with Passover rules on what items are kosher for the holiday — meaning they have not come in contact with grains or other forbidden ingredients.

The stamp of approval came from the Beit Yosef private rabbinic group, which certifies foods as compliant with dietary restrictions.

The chief rabbinate in Israel, however, disapproved.

"Poison is not kosher. For all days of the year, not just Passover," said spokesman Ziv Maor.

The holiday celebrates the story of the Israelites' escape from slavery in Egypt. According to tradition, they had no time to let their bread rise as they fled. To commemorate the exodus, Jews avoid anything tainted with grains that have come in contact with water, starting the process of fermentation. THE ASSOCIATED PRESS

Italy's youth rise to power amid parliamentary chaos

Five Star Movement.
Protest party received quarter of all votes

ELISABETH BRAW
Metro World News in Rome

Italy's parliament is suddenly looking like a university auditorium. That's because many of the newly elected parliamentarians are students.

MP Laura Castelli, 26, once tweeted about a journalist who was chasing her: "He thinks we're extraterrestrials."

It's true that these new MPs have little knowledge of political proceedings: most of them belong to the Five Star Movement, Italy's phenomenally successful protest party.

"So many people voted for (leader) Beppe Grillo because they're nauseated by all the recent scandals," said student Luisa Ciaramella, 25, from Naples.

The median age of the Five Star parliamentarians in the lower house is 33 — a world record. Thirty-five of these new parliamentarians are under 30. And, as Grillo recently pointed out on his blog, his MPs are also Italy's best educated.

But while Italy's parliament enjoys an aura of fun rebellion, its problems remain grave.

Five Star has proposed leaving the eurozone, an idea Umberto Ambrosoli of the centre-left alliance called "very dangerous. They're just suggesting it to abdicate themselves from responsibility."

Demands of office

"Let's hope that the new parliamentarians are a positive force.... One needs not just political will but also experience."

Stefano Folli, respected political columnist at the Italian daily Il Sole 24 Ore.

The party broke a world record for its MPs' median age. GIORGIO COSULICH/GETTY IMAGES

Once more with clothing

Prince Harry heads back to U.S.

Britain's Prince Harry is returning to the U.S. — but skipping Vegas this time.

Instead, he will support veterans' charities, landmine clearance and aid for poor African children.

On his visit last year, the prince made headlines when he was caught frolicking in the nude with a woman after an alleged game of strip billiards in his Las Vegas hotel room. THE ASSOCIATED PRESS

Bus fare?

$1.3-million bag leads to charges

A year-long investigation into a bus passenger's million-dollar backpack has led to criminal charges.

Winnipeg police were called to a bus terminal in February 2012 and found a man carrying $1.3 million.

Last month, Erwin Thomas Speckert of Minden, Ont., was charged with proceeds of crime offences allegedly linked to illegal gaming in Ontario. THE CANADIAN PRESS

Women better in boardroom: Study

Women who sit on corporate boards are more likely to "rock the boat" and be more open to new ideas than their male counterparts — skills that often translate into better decisions and financial success, according to a new study.

The survey found that of the 624 board directors polled in Canada, women were more likely to use "co-operation, collaboration and consensus building" to make decisions, while men more often used "rules, regulations and traditional ways of doing business."

Smart move

"It's no longer just a question of it being the right thing to do, to have women on the board.... It's the bright thing to do."

Study co-author Chris Bart, a professor of strategic management at the DeGroote School of Business at McMaster University

Study co-author Chris Bart said Monday that his research showed that the way women operate often contributed to success, raising the question of why women are still in the minority in corporate boardrooms.

"Why would governance, nominating committees and board chairs not want to have that skill set, that competence available to them in abundance?" asked Bart, a professor of strategic management at the DeGroote School of Business at McMaster University.

The study, part of a larger one conducted between 2004 and 2012, presented morally conflicting scenarios to board members, asking them to solve the problems and explain how they came to their conclusion.

Bart says the answers from women showed that they were "less constrained" in their problem-solving, were more likely to take the interests of multiple stakeholders into account and viewed fairness as an important factor. THE CANADIAN PRESS

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Sadistic, tyrannical, unstable ...

Startling testimony at inquest. Psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell

A teenaged girl who killed herself in her prison segregation cell was highly unstable, showed sadistic tendencies and was one of the most difficult cases he had ever seen, a psychiatrist testified Monday.

Dr. Jeffrey Penn told a Toronto inquest into Ashley Smith's death that only top-quality psychological care could have helped her overcome her extreme problems.

"She presented one of the more severe personality pathologies that I have encountered," Penn said.

Smith, who had been teased mercilessly growing up, was emotionally immature, giggly, took pleasure in inflicting pain on others, and had only a limited capacity for remorse, Penn testified.

In some ways, he said, Smith hadn't progressed beyond age two or three. "This young woman is essentially a large tyrannical child who can't tolerate limits, feels estranged and isolated from peers, unloved, unliked, and often hopeless," Penn once wrote.

Despite the various problems, Penn said the mental-health system in prison is "better than people think," although it could be improved.

Smith, however, was simply an extremely difficult inmate and patient.

"She had incredibly poor social skills. She can't get along with peers or with staff," he said.

She also had a strong need for arousal.

"When I'm bad, I get a feeling of excitement," he said she told him.

THE CANADIAN PRESS

Quoted

"Ashley was dour, sullen, blunted in general, with occasional bursts of animation and humour."

Dr. Jeffrey Penn,
a psychiatrist who treated Ashley Smith in prison in Truro, N.S.

Her lonely end

Ashley Smith choked to death in segregation at the Grand Valley Institution in Kitchener, Ont., in October, 2007. She was just 19.

His incredible journey is over. Now the tears flow ...

Johnny Abraham of Whapmagoostui in remote northern Quebec, sheds tears Monday as he describes an amazing 1,600-kilometre trek he and other young aboriginal people made through the Canadian hinterland to Parliament Hill. Inspired by the Idle No More movement, nearly 300 made the freezing journey in support of better conditions for aboriginal people. Amid the coldest days of January, they embarked with snowshoes on their feet and their supplies in tow. Hundreds of people filled the steps below the Peace Tower Monday and hailed them as heroes. FRED CHARTRAND/THE CANADIAN PRESS

Italy killing. New trial looming for Amanda?

Amanda Knox is waiting anxiously in Seattle to hear if she'll face a murder court again in Italy.

She was acquitted in the murder of her roommate.

But now Italian prosecutors have asked the high court to throw out the acquittals of Knox and her Italian ex-boyfriend in the murder of 21-year-old British student Meredith Kercher and order a new trial.

After hearing six hours of arguments, the court delayed a decision until Tuesday.

Knox is "carefully paying attention to what will come out," attorney Luciano Ghirga said as he arrived at Italy's Court of Cassation in Rome.

Knox, now 25, and Raffaele Sollecito, who turns 29 on Tuesday, were arrested in 2007 after Kercher's body was found in a pool of blood in a rented apartment in Perugia. Her throat had been slashed.

THE ASSOCIATED PRESS

Flu shots. Do health care workers need them?

Should mandatory flu shots for health-care workers be put on hold ?

A prominent infectious diseases specialist says yes.

Dr. Michael Gardam says he gets a flu shot every year, but thinks mandatory programs for health-care workers could end up being challenged in the courts.

Gardam and a colleague, say in this week's Canadian Medical Association Journal that pushing flu shots in this way could undermine other vaccination efforts.

Gardam, head of infection control at Toronto's University Health Network, also worries this type of fight could be used by the anti-vaccination movement.

Flu vaccine proponent Dr. Allison McGeer says a better vaccine would be welcome, but the current one does help to save lives and should be used by health-care workers.

THE CANADIAN PRESS

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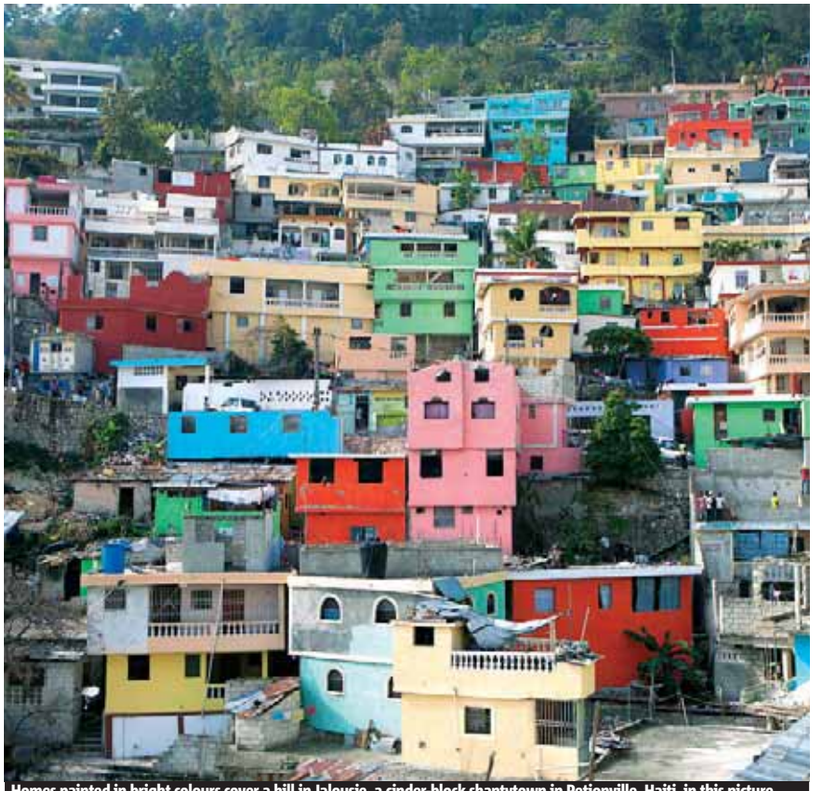

Homes painted in bright colours cover a hill in Jalousie, a cinder-block shantytown in Petionville, Haiti, in this picture taken last week. Workers this month began painting the concrete facades of buildings a rainbow of colours, inspired by the dazzling "cities-in-the-skies" by Haitian painter Prefete Duffaut, who died last year. DIEU NALIO CHERY/THE ASSOCIATED PRESS

Psychedelic slum pleases eyes, but not Haitian critics

Money well spent?
Program's head says he wants residents to be proud of 'modest, but decent' neighbourhood

One of Haiti's biggest shantytowns, a vast expanse of grim cinder-block homes on a mountainside in the nation's capital, is getting a psychedelic makeover that aims to be part art and part homage.

Workers this month began painting the concrete facades of buildings in Jalousie slum a rainbow of purple, peach, lime and cream, inspired by the dazzling "cities-in-the-skies" of well-known Haitian painter Prefete Duffaut, who died last year.

The $1.4 million effort titled Beauty versus Poverty: Jalousie in Colors is part of a government project to relocate people from the displacement camps that sprouted up after Haiti's 2010 earthquake. The relocation has targeted a handful of high-profile camps in Port-au-Prince by paying a year's worth of rent subsidies for residents to move into neighbourhoods like Jalousie. The government is now trying to spruce up these poor neighbourhoods and introduce city services.

While most residents welcome the attempt to beautify Jalousie, a slum of 45,000 inhabitants, critics say the project is the latest example of cosmetic changes carried out by a government that has done little to improve people's lives in the Western Hemisphere's poorest country. THE ASSOCIATED PRESS

Jalousie

- Amid its narrow corridors and steep steps, Jalousie has no traditional sewage system or electric grid. It is lit at night by candles and a web of wires that tap illegally into the public power system, dangling above the homes. Water is provided by an outdoor spigot where people line up with buckets.
- "This is just to make it look like they're doing something for the people but in reality they are not," said Sen. Moise Jean-Charles, a critic of President Michel Martelly, arguing that the money could have been better spent.

Adoption altercation

Windsor man sentenced to life

A Windsor man has been sentenced to life with no chance of parole for 10 years after pleading guilty to second-degree murder in the stabbing death of a man whose son he was trying to adopt.

Court heard that Lance Smoke, 40, was stabbed 10 times — six in the back — during a November 2011 dispute with Jesse Meloche.

THE CANADIAN PRESS

Global economy

Canada 'could do more' in Asia

A leading candidate for the World Trade Organization's top job says Canada needs to diversify its trade reach, especially in the fast-growing Asian economies.

Mari Pangestu, Indonesia's tourism minister and a candidate to replace outgoing Pascal Lamy later this summer, said in an interview that Canada has too many eggs in the U.S. basket.

THE CANADIAN PRESS

Diabetic gauge

OneTouch VerioIQ meters recalled

Johnson & Johnson is recalling all of its OneTouch VerioIQ blood glucose meters in Canada and the U.S. because they do not provide a warning when a diabetic's blood sugar level is dangerously high. Instead, at a certain sugar level, the meters turn off.

The meters are made by J&J's LifeScan unit, which will issue a free replacement meter to all patients.

THE ASSOCIATED PRESS

Mark Zuckerberg entering political arena: Sources

Facebook founder Mark Zuckerberg is forming a new issues advocacy group to promote immigration reform, education and other policies aimed at growing the economy.

Two people familiar with the discussions confirmed the effort, speaking on condition of anonymity because it has not yet been publicly announced.

Zuckerberg will be joining with other high-tech executives and has already signed up several high-profile consultants, including Joe Lockhart, former Clinton White House press secretary now at the Glover Park Group, and Rob Jesmer, formerly executive director of the National Republican Senatorial Committee.

High-tech companies have stepped-up their lobbying on immigration to get more visas for high-tech workers, but the people involved say Zuckerberg's interest is broader and includes citizenship for those here illegally. THE ASSOCIATED PRESS

News break

The young CEO's move was first reported by the San Francisco Chronicle.

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$129	$146	$191	$237

USA: ONE-WAY

Sample prices from Toronto, for travel as indicated below.

NEW YORK NEWARK	FORT LAUDERDALE	LAS VEGAS	LOS ANGELES
MARCH 26, 2013 – JUNE 27, 2013	MARCH 26, 2013 – JUNE 27, 2013	MARCH 26, 2013 – JUNE 27, 2013	MARCH 26, 2013 – JUNE 27, 2013
$182	$201	$253	$316

INTERNATIONAL: ROUND-TRIP

Sample prices from Toronto. Departure dates as indicated below.

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MARCH 26, 2013 – MAY 6, 2013	MARCH 26, 2013 – MAY 6, 2013	MARCH 26, 2013 – MAY 26, 2013	MARCH 26, 2013 – JUNE 20, 2013	APRIL 19, 2013 – JUNE 11, 2013	APRIL 19, 2013 – JUNE 11, 2013	MARCH 26, 2013 – JUNE 4, 2013	MARCH 26, 2013 – JUNE 20, 2013
$892	$930	$967	$1093	$1348	$1378	$1423	$1818

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Utah. Man, 22, killed in desert copying stunt shown on YouTube

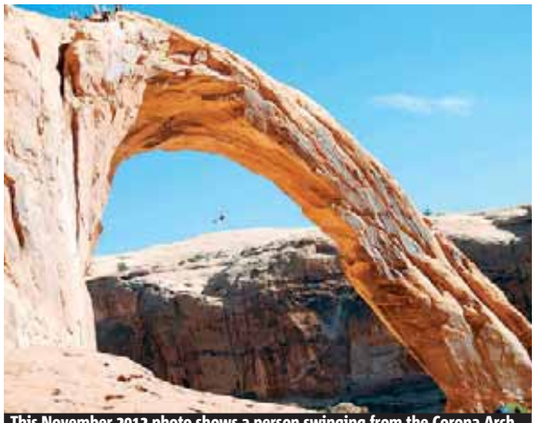
A 22-year-old man was killed trying to swing through the opening of a 33-metre-tall sandstone arch in a stunt made so popular on YouTube that state authorities recently banned the daredevil activity by commercial outfitters.

Kyle Lee Stocking left too much slack in the rope he was using, and it sent him crashing into the sandstone base of Corona Arch near Moab, Utah Grand County sheriff's officials said. He died Sunday afternoon.

Viral videos have bolstered the activity, which involves swinging wildly from ropes through arch and canyon openings. One video titled World's Largest Rope Swing has racked up more than 17 million views on YouTube since it was posted in February. "Pendulum" swinging is a relatively new form of recreation in Utah's canyon lands, which see plenty of injuries and deaths from rock climbing and BASE jumping, which involves leaping from a fixed object with a parachute. On March 13, Zachery Taylor, was killed rappelling at Tear Drop Arch in Monument Valley. THE ASSOCIATED PRESS

Thrill seekers

"People aren't accepting nature for what it is. They have to put an element of excitement into it." John Weisheit, of Living Rivers, a local environmental group.



This November 2012 photo shows a person swinging from the Corona Arch near Moab, Utah. A man was killed Sunday. BRIAN MAFFLY/THE ASSOCIATED PRESS

Ukraine grapples with snow, scandal

Kyiv. Ukrainian capital hit by a major snowstorm and a hint of scandal over a retouched photo

The city of Kyiv has declared a state of emergency after the Ukrainian capital was paralyzed by an unprecedented snowstorm that has stalled car, railway and air traffic.

The city was hit by about 50 centimetres of snow in the past day, more than it usually receives per month during this season.

Tractors, armoured vehicles and other heavy equipment was dispatched Saturday to clear roads blocked by kilometres-long traffic jams.

Desperate to get home, some Kyiv drivers simply abandoned their stalled cars on the roads and set out on foot.

Kyiv's main airport, Borys-pil, was working with delays, the smaller Zhulyany airport was closed and Ukraine's International Airlines grounded all its planes until Sunday morning.

Residents of the Ukrainian capital suspect the city is trying to pull a fast one on them about its efforts to clean up from the paralyzing blizzard.

A photo that appeared on the Kyiv administration's website Sunday after a snowfall of 50 centimetres shows three snowplows clearing a street.

The trouble is — the street is actually in Moscow.

Russia's news agency ITAR-Tass said Monday that it was an agency photo taken last November and retouched to remove the name of the Russian operator. THE ASSOCIATED PRESS

'Shame'

Kyiv city administration spokeswoman Kateryna Baranova said the photo was a "regrettable technical mistake" but didn't elaborate.

- The photo was removed from the site, but not before some frame grabs of it were posted on Facebook, prompting comments such as "shame."

A woman skis on a street in Kyiv, Ukraine, Monday. A 50 cm snowfall paralyzed the city. S. CHUZAVKOV/THE ASSOCIATED PRESS

RICK MERCER REPORT
This week, Rick brings the Irish a little luck when he joins the St. Patrick's Day Parade in Montreal.
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Landslide kills 8, leaves 9 missing in central Indonesia

Java. Police, soldiers and residents searched for the missing, but were hampered by a lack of equipment and then darkness

A landslide triggered by torrential rain killed at least eight people and left nine others missing on Indonesia's main island of Java, an official said Monday.

Nine houses were buried when mud gushed down from surrounding hills just after dawn Monday in Cililin village in West Bandung district.

Sigit Udjwalaprana of the local Disaster Mitigation Agency said rescuers dug up the bodies of a father and his seven-year-old son embracing each other, just hours before the search was halted due to darkness.

Sigit said a lack of equipment hampered the 300 police, soldiers and residents who used their hands, shovels and hoes to search through the debris for the missing.

The dead included five children, said Sutopo Purwo Nugroho of the national disaster agency.

Seasonal downpours cause dozens of landslides and flash floods each year in Indonesia, a vast chain of 17,000 islands where millions of people live in mountainous areas or near fertile flood plains.

The agency also said that 83 people died in 53 earlier landslides this year in Indonesia.

THE ASSOCIATED PRESS

Villagers make their way through the mud from a landslide in Cililin, West Java, Indonesia, Monday. Rescuers pulled out eight bodies, including five children, after the landslide that was triggered by torrential rain. THE ASSOCIATED PRESS

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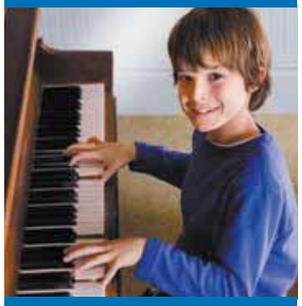

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Canada

France

Public increasingly opposed to ruling allowing headscarf

Backlash is growing in France against a court ruling in favour of a Muslim employee of a private nursery school who was fired after she refused to take her headscarf off. A new poll found that four-fifths of people in France would back a proposal to ban Muslim headscarves and other signs of religion in private companies.
THE ASSOCIATED PRESS

Chile

Miner trapped underground

Rescue workers were clearing rubble by hand Monday to reach a man trapped 300 metres underground following a collapse in a mine in the same region where 33 miners were buried for 69 days in 2010. The miner survived the collapse by taking refuge in a secondary tunnel. THE ASSOCIATED PRESS

Syria

UN to reduce staff in Damascus after mortar attacks

The United Nations said Monday it was temporarily reducing its international staff in Damascus following mortar fire that damaged a hotel and a UN vehicle.

The UN will relocate some staff to Beirut and Cairo and it has asked national staff to work from home until further notice, UN spokesman Martin Nesirky said.

Nesirky said the relocation involves about half of the roughly 100 international staff in Damascus and some of the 800 national staff.

Nesirky said critically needed humanitarian aid will continue.

"UN agencies and their partners remain committed to providing humanitarian assistance to millions in need across Syria and will maintain a number of staff inside Syria to continue running these critical programs and deliver aid to civilians in need." THE ASSOCIATED PRESS

Myanmar. Violence may threaten reforms: Gov't

Myanmar's government warned Monday that religious violence could threaten democratic reforms after anti-Muslim mobs rampaged through three more towns in the country's predominantly Buddhist heartland.

The mobs destroyed mosques and burned dozens of homes over the weekend.

In an announcement on state television, the government pledged to make "utmost efforts" to halt the violence and incitement of racial and religious unrest.

"We also urge the people to avoid religious extremes and violence which could jeopardize the country's democratic reform and development," it said.

President Thein Sein had declared an emergency in the affected areas on Friday and deployed army troops to the worst-hit city, Meikhtila, where at least 32 people were killed. According to the UN, more than 12,000 people were displaced. Monday's announcement said the displaced people would be resettled as soon as calm was restored.

Myanmar Muslims in Malaysia hold a banner decrying ethnic unrest in their homeland. THE ASSOCIATED PRESS

Muslims in Meikhtila, who make up about 30 per cent of the city's 100,000 inhabitants, have borne the brunt of the devastation. At least five mosques were set ablaze from Wednesday to Friday, and most homes and shops burned were Muslim-owned.

The authorities said they detained at least 35 people allegedly involved in arson and violence. But residents and activists said the police did little to stop the rioters or reacted too slowly. THE ASSOCIATED PRESS

Zimbabwe. High Court frees rights lawyer

Zimbabwe's top rights lawyer, Beatrice Mtetwa, released by the High Court after eight days in jail for allegedly obstructing justice, said Monday her arrest was a ploy to intimidate human-rights activists and pro-democracy groups ahead of upcoming elections in July.

Mtetwa told reporters she believed she was targeted. "It is a personal attack on all human-rights lawyers but I was just made the first example. There will be many more arrests to follow as we near elections," Mtetwa said. "The police were all out to get me. They wanted me to feel their might and power because I call myself a human-rights lawyer and I felt it."

Mtetwa was arrested on March 17 along with four officials from Prime Minister Morgan Tsvangirai's party. The officials are accused of illegally compiling information on high-level corruption. Mtetwa was accused of shouting at police conducting a search at Tsvangirai's staff offices.
THE ASSOCIATED PRESS

Human-rights lawyer Beatrice Mtetwa, left, leaves the High Court in Harare on Monday. THE ASSOCIATED PRESS

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Sheraton Tribeca
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Orlando Air + 7 Nights + Car $596
International Palms Resort Orlando
INCLUDES central accom close to theme parks and 7-day car rental. Departs Apr 6/swg/wg.

Europe

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Athens Air + 7 Nights $1226
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UPGRADE to 4-star Titiana Hotel for $15 per night.
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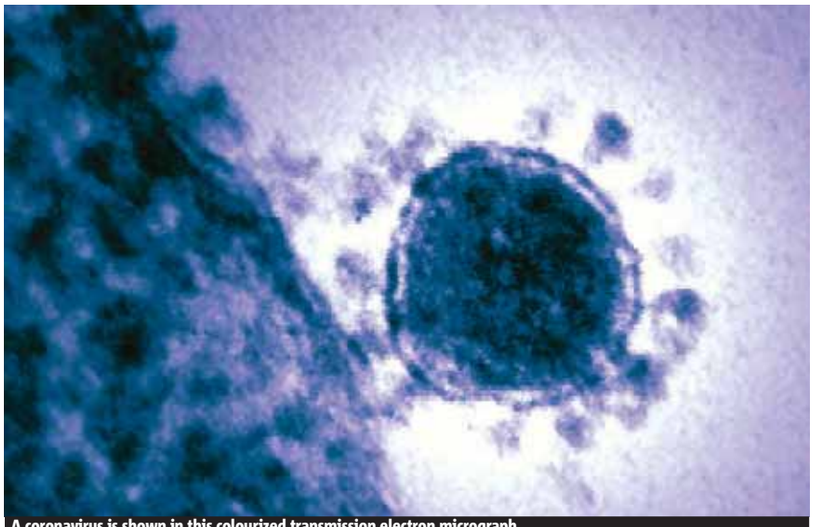

A coronavirus is shown in this colourized transmission electron micrograph.
CONTRIBUTED, U.S. NATIONAL INSTITUTE FOR ALLERGY AND INFECTIOUS DISEASES-RML BETH FISCHER/THE CANADIAN PRESS

Experts fear new SARS-like epidemic from superspreaders

New virus. There have been 16 confirmed cases recorded in Saudi Arabia, Qatar and Jordan — 10 of them have been fatal

People who think the new coronavirus couldn't take off and cause a SARS-like crisis may have forgotten a phenomenon that was a game-changer during SARS — patients called superspreaders.

At present, this new coronavirus doesn't seem to spread easily from person to person, a fact which some people use to argue it will not become the next SARS. Some limited human transmission has occurred, but confirmed cases are few and sporadically seen.

However, several experts suggest that superspreaders, which turned SARS into a global outbreak, could do the same with this new virus. That term refers to people who buck the transmission trend with a given bacteria or virus, infecting many more people than is the norm.

If the virus infected someone who turned out to be a superspreader, and that person sought care in a hospital that wasn't taking precautions against novel coronavirus infections, this new disease could rapidly begin to resemble SARS.

THE CANADIAN PRESS

Toronto superspreaders

SARS went global thanks to a superspreader — a Chinese doctor who infected more than a dozen people at a Hong Kong hotel. One of those people brought the virus to Canada.

- Toronto had several superspreaders — one early case infected 44 others. An elderly couple who contracted the virus on the night SARS made its first appearance in a Toronto hospital were both superspreaders.

Girl, 9, walks 3 km for help after surviving car crash

This video frame from television footage shows the mangled wreck of an SUV that crashed into a canyon near Action, Calif., on Sunday. A 9-year-old girl crawled out of the SUV, climbed out of the canyon and walked about three kilometres in the middle of the night to find help after surviving the crash that killed her father, authorities said. KABC TV/THE ASSOCIATED PRESS

Law enforcement officials praised the bravery and tenacity of a nine-year-old girl who crawled out of a mangled SUV at the bottom of a remote Southern California canyon and hiked more than three kilometres to find help for her father, who was pinned in the driver's seat following a rollover crash.

Celia Renteria was sure her father was still alive when she climbed up the rocky embankment early Sunday, said California Highway Patrol Officer Gil Hernandez. When officers responded more than an hour and a half later, they found Alejandro Renteria, 35, was dead.

"She was very courageous, being able to walk through the dark, through bushes and very rough terrain to get help for her dad," Hernandez said. "Had she just waited there, we probably would not have found her until the next day."

The 2010 Ford Escape was launched about 60 metres down into the canyon along an isolated stretch of the Sierra Highway in the high desert of northern Los Angeles County at about 1 a.m. Sunday, the CHP said. The vehicle overturned several times.

Celia managed to extricate herself and walk through rugged terrain to a nearby home, but nobody answered the door, the CHP said. Then she hiked up the embankment and along the road to a commuter rail station in nearby Acton where she flagged down a passing motorist at about 2:30 a.m. Sunday.

A helicopter transported the girl to Children's Hospital Los Angeles. She was treated for minor injuries including bumps and bruises and a cut on her face.

Acton is a small town tucked in the mountains between Los Angeles and the Mojave Desert.

THE ASSOCIATED PRESS

Sex surrogates. France pulls contentious term

A French regional government opened debate Monday on "the sexual life of the disabled" but backed off a push for sex surrogates amid unease about the issue.

The head of the Essonne department south of Paris, Jerome Guedj, had called for allowing sex surrogates — people who can help disabled people explore their sexuality — as part of regular social services.

Guedj noted that sex surrogates for the disabled are permitted in some other European countries as well as in the U.S., as seen in the recent film The Sessions.

But Guedj pulled the most contentious part of his proposal Monday, removing the term "sex surrogates" just ahead of the vote in the local council, after coming under criticism for opening the door to legalized prostitution.

Instead, the council agreed for now to open a "reflection on the sexual life of the disabled." THE ASSOCIATED PRESS

Fake movie scam

5 jailed in Britain for Argo-like plot

Five people have been jailed in Britain for pretending to make a Hollywood movie in a scam to defraud tax authorities of $4.3 million in a plot reminiscent of the Academy Award-winning hit Argo.

Bashar Al-Issa, the leader of the fraud, was jailed Monday for six and a half years. The others were sentenced to around four years each.

THE ASSOCIATED PRESS

EASTER WEEK COUNTDOWN!
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DAILY SPECIALS

82,389 km
2008 Honda Civic
Stock #: 5541P
Was: $12,995
Now: $10,600

95,649 km
2009 Honda Civic
Stock #: 5521P
Was: $13,333
Now: $9,997

93,568 km
2008 Honda CRV EXL
Stock #: 5536P
Was: $21,777
Now: $17,950

81,974 km
2009 Acura TL
Stock #: 5573P
Was: $23,995
Now: $20,800

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NRA making robocalls to Newtown

Scene of school shooting. Residents are 'outraged' over the National Rifle Association's phone lobbying

Some residents of the Connecticut community devastated by December's school shooting said they're outraged over automated phone calls they've received from the National Rifle Association gun lobby only three months after a gunman killed 20 first-graders and six educators.

Newtown residents said the automated calls from the NRA began last week and urge people to tell their state legislators to oppose gun control proposals, which are being debated in Connecticut and other states in the wake of the shooting. Some also said they received postcards from the NRA supporting gun owners' rights.

"It's ridiculous and insensitive," Newtown resident Dan O'Donnell told Hartford-area NBC affiliate WVIT-TV.

THE ASSOCIATED PRESS

'Insensitive'

"This was a really hard week for me on a lot of levels. These calls were the very last thing I needed." Christopher Wenis, who has a five-year-old who went to pre-school on the Sandy Hook campus. He has received three NRA calls.

Colours of Sandy Hook Elementary School in Newtown worn by a marcher.

THE ASSOCIATED PRESS FILE

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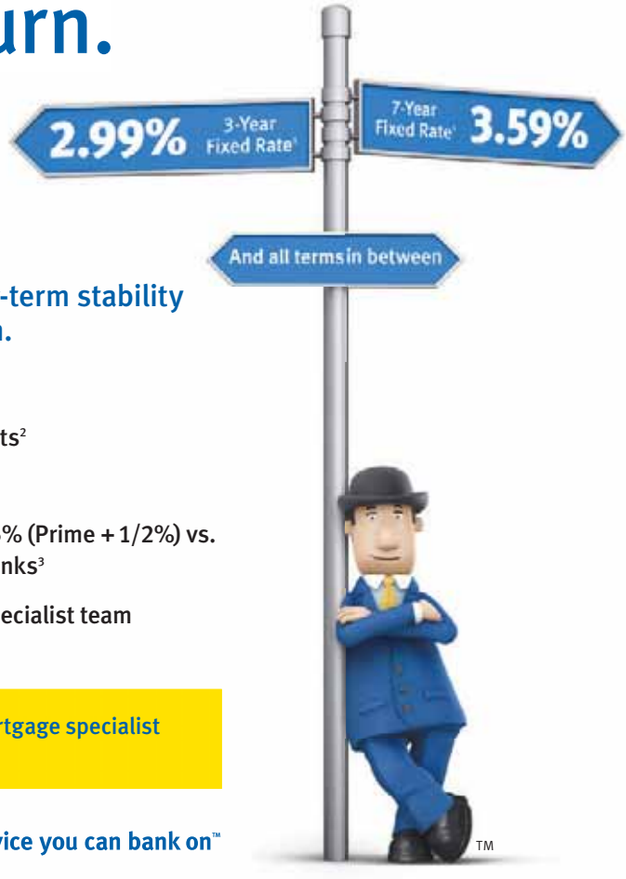

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Did you say this was spring?

A commuter walks through a spring snowstorm Monday in Philadelphia. The weakened storm that blanketed the Midwest with heavy snow and slush continues moving east with its cold temperatures and a miserable mixture of snow and rain. MATT ROURKE/THE ASSOCIATED PRESS

New Brunswick. MOH trying to track down men who had unprotected sex

New Brunswick's chief medical officer of health says officials are trying to track down about two dozen men who had unprotected sex with a man who was later diagnosed with HIV.

Dr. Eilish Cleary says a New Brunswick man recently tested positive for the virus and officials are now attempting to contact his sexual partners from the last two years.

Cleary says the man frequently used a website called www.manhunt.net that facilitates anonymous sexual encounters.

She says the man and the website have been helpful in trying to track down his sexual partners, though it is a difficult process because people typically log on using aliases rather than their real names. Her office issued a statement encouraging people who had unprotected sex to get tested for sexually transmitted diseases. THE CANADIAN PRESS

U.S. high court grapples with 'pay-for-delay' pharma deals

Generic drugs. Federal government, consumer groups say agreements prevent early release of cheaper medication

The U.S. Justice Department argues that 'reverse settlements' between brand-name and generic drug firms are delaying the release of cheaper medications. GETTY IMAGES FILE

U.S. Supreme Court justices appeared troubled Monday over whether to stop deals between pharmaceutical corporations and their generic drug competitors that the government says could keep cheaper forms of medicine from American consumers for longer periods of time.

Justices heard arguments from the Justice Department against what the government calls "pay-for-delay" deals or "reverse settlements."

Such deals arise when generic companies file a challenge at the Food and Drug Administration to the patents that give brand-name drugs a 20-year monopoly. The generic drugmakers aim to prove the patent is flawed or otherwise invalid, so they can launch a generic version well before the patent ends.

Brand-name drugmakers then usually sue the generic companies, which sets up what could be years of expensive litigation.

When the two sides aren't certain who will win, they often reach a compromise deal that allows the generic company to sell its cheaper copycat drug in a few years — but years before the drug's patent would expire. Often, that settlement comes with a sizable payment from the brand-name company to the generic drugmaker.

The Obama administration, backed by consumer groups and the American Medical Association, wants the court to stop the deals. THE ASSOCIATED PRESS

U.K. midwives fight to keep their profession independent

Protesters campaign to maintain the provision of independent midwifery in the U.K. outside the Houses of Parliament on Monday in London, England. New EU regulations will require that midwives operate with insurance, but no insurers in the U.K. are willing to extend coverage to independent midwives — thus making it difficult for such practitioners to exist in that country. OLI SCARFF/GETTY IMAGES

Ottawa. NDP wants RCMP to look into budget leak

The RCMP should investigate last week's federal budget leak about tariff reductions because it could have allowed insiders to manipulate markets, the Opposition New Democrats charged Monday.

NDP deputy finance critic Guy Caron has written RCMP Commissioner Bob Paulson about "potentially criminal actions related to a breach of budget secrecy."

The National Post, followed by the Globe and Mail, both reported on the eve of last Thursday's budget delivery that Finance Minister Jim Flaherty would cut tariffs on hockey gear and some baby clothing.

"The leak and the availability of this information, prior to it being made public in the budget, gave those with this information an opportunity for personal financial gain," Caron wrote in his letter.

The newspaper scoops were widely interpreted as tactical leaks by the Harper government to prime the media machine — and television reports on budget day were indeed filled with images of kids in hockey gear. Only later did it become clear that the Conservatives had also increased tariffs on a much wider array of goods, more than offsetting any tariff cuts to a few popular items.

Caron couldn't quantify any financial edge the leak might have offered a would-be investor, but he said that's beside the point. "What you have to look at is that it changes the behaviour of companies in those industries, that's for sure," Caron said. "It's a no-no. That's why we treat all information from the budget as confidential." THE CANADIAN PRESS

Lawsuit accuses Met of PWYC duping

Before visitors to New York City's Metropolitan Museum of Art can stroll past the Picassos, Renoirs, Rembrandts and other priceless works, they must first deal with the ticket line, the posted $25 US adult admission and the meaning of the word in smaller type just beneath it: "recommended."

Many people, especially foreign tourists, don't see it, don't understand it or don't question it. If they ask, they are told the fee is merely a suggested donation. You can pay what you wish, but you must pay something.

Confusion over what's required to enter one of the world's great museums, which draws more than six million visitors a year, is at the heart of a class-action lawsuit this month accusing the Met of scheming to defraud the public into believing the fees are required.
THE ASSOCIATED PRESS

New York

SEC approves $63M payout for glitches during Facebook IPO

The Securities and Exchange Commission has approved a plan by the Nasdaq stock exchange to pay about $63 million in reimbursements to investment firms that lost money because of technical problems during Facebook's initial public offering last year. Facebook went public May 18, but computer glitches at the Nasdaq delayed the start of trading and threw the debut into chaos. THE ASSOCIATED PRESS

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Ford India apologizes for ad with Berlusconi, bound women

Mumbai. Images that appeared online may never have been seen by anyone at automaker

The Indian unit of Ford Motor Co. has apologized for advertisements decried as demeaning to women, including one depicting Italy's former prime minister Silvio Berlusconi with a trio of bound women in the trunk of a car.

A Ford India spokeswoman said Monday that the company is investigating whether anyone at the automaker ever saw the print ads, which were never used commercially but appeared over the weekend on a website showcasing creative advertising.

The ads caused an uproar online and came just after India passed a new law on violence against women following a fatal gang rape of a student on a bus that prompted mass protests and spotlighted the status of women in India.

This ad, depicting Italy's former prime minister Silvio Berlusconi with three bound women in the trunk of a Ford Figo, was created at advertising agency JWT India and appeared on the site adsoftheworld.com. The CEO of JWT India says that it and two similar ads were never paid for and "were not expected to be released." SCREENGRAB

Featuring Ford's logo, one ad showed three women bound and gagged in the trunk of an Indian-made compact, the Ford Figo, with Berlusconi smiling from the driver's seat alongside the slogan "Leave your worries behind with the Figo's extra-large boot." Similar ads featured Paris Hilton apparently kidnapping reality television rivals the Kardashian sisters — all three sisters tied up and one in a bikini — and Formula One driver Michael Schumacher abducting his male racing competitors.

Ford said Monday that it regrets the incident, calling the images "contrary to the standards of professionalism and decency within Ford."

THE ASSOCIATED PRESS

Market Minute

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#SORRYNOTSORRY FOR HASHTAGS

SHE SAYS

Jessica Napier
metronews.ca

A friend of mine recently told me she is having trouble coming up with a suitable hashtag for her upcoming wedding. Her social-media-savvy guests will want to know what the official wedding hashtag is before they start live-tweeting from the venue and sharing their heavily filtered snapshots all over Instagram. This is a major #firstworldproblem of course, but her panic got me thinking about the symbol's growing cultural relevance.

Twitter first introduced the hashtag concept in 2007 to group conversations and streamline the search function within the micro-blogging site. Today, about one in eight tweets feature words or phrases that are prefixed with a hashtag symbol, which has since been adopted across numerous social-media platforms. Google+, Instagram, Tumblr and Pinterest all support the hyperlinking pound sign and soon, rumour has it, Facebook will finally incorporate hashtags into its interface.

The functional marker has evolved into something much more than its developers could have predicted. The symbol has been embraced by inside jokers and revolutionaries alike, and the humble hashtag helps rally individuals together online and in person and has entirely changed the way we watch award shows. We all know the #Oscars Twitter commentary is much more entertaining than the actual Oscars.

Even more interesting is the way in which this digital code has transcended the realm of social media and is creeping into other forms of communication. I've started noticing hashtagged phrases written out in emails, I spotted a women's athletic shirt with #RUN emblazoned on the front, I've even seen friends use hand gestures to mimic the symbol during in-person conversations. Forget to brush your hair and put on mascara in the morning? Your au naturel look means you're having a #nofilter kind of day.

Hashtags serve no practical function in these forms but there's evidence of a growing trend; social-media language is migrating away from its intended platform and starting to infiltrate our speech patterns in interesting (albeit sometimes annoying) ways.

We employ these digital hieroglyphs to add new levels of meaning to our conversations, to offer a clever aside, qualify what we're really trying to say, or underscore our sentences with an additional layer of emotion.

Some of the best hashtag phrases add a sardonic undertone of mocking, because we all know people who deserve to have #whitegirlproblem or #humblebrag shouted at them from time to time.

Away from the keyboard and stripped of its digital functionality, the ubiquitous symbol is becoming increasingly prevalent in face-to-face communication. Who can forget Jack Layton's best dad-joke moment when he referred to Prime Minister Stephen Harper's crime policies as "a hashtag fail."

Some lament the lazy nature of the hashtag, arguing that this idle form of expression is destroying our ability to communicate properly along with other digital shorthand devices such as text-message abbreviations, LOL-speak and emoticons. But anyone who has ever picked up a Shakespeare play knows that dialects evolve over time. We've created a modern hybrid language in blending our spoken and typed words and symbols and, like it or not, the hashtag seems like it's #heretostay.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Balloons not just for clowns and circus folk

DAVID CHESKIN/THE ASSOCIATED PRESS

Gasp! It's time to come up for air

New York artist Jason Hackenwerth starts work on a giant balloon sculpture named Pisces inside the National Museum of Scotland, in Edinburgh on Monday.

When complete, the sculpture will span three floors of the museum and is designed to represent the natural world.

"Even when I'm in my studio day after day, it always feels full of new possibilities," Hackenwerth says of his art.

He says he uses balloons as a medium because they are accessible to a wide audience and often take people back to their childhood.

THE ASSOCIATED PRESS

Online

- Listen to the artist discuss his muse and see how he creates the masterpieces at metronews.ca.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's no use crying over what could have been if Twitter had existed at the same time as some of history's more famous events. Take these accounts as inspiration and flex your intellect by reporting your pet historical event as it happened.

@RealTimeWWII: A day-by-day retelling of the Second World War with a wonderful knack for digging up quotes from world leaders and updates from the war's lesser-known theatres.

@TitanicRealTime: Right now, everybody is extremely pleased by reports of the unsinkable liner's luxurious accoutrements. But stay tuned — things are about to get real very soon.

@SamuelPepys: The Great Plague and the Great Fire of London are a few bite-sized eyewitness accounts taken from the English Restoration's most famous diarist.

Twitter

@metropicks asked: China just sent us pandas. What should Canada ship to other countries for diplomatic reasons?

@Dragoniser: The Ontario Liberal Party. They will be out of a job soon anyway.

@kajomha: everything maple!

@IdejTauren: moose and maple syrup, with some Tim Hortons thrown in too.

@rosalesj: snow.

@905GoTrainGirl: Tim Hortons

@BaggsMcJungle: Please send China the Three Stooges: Rob & Doug Ford & their fishing buddy, Stephen Harper. If there's room, Gazebo Clementi.

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DVD reviews

Lincoln

Director. Steven Spielberg

Stars. Daniel Day-Lewis, Sally Field, David Strathairn

Neither the title-implied biopic nor an assault on the tear ducts, Steven Spielberg's Lincoln serves history by favouring background over foreground. Daniel Day-Lewis's Oscar-winning portrayal of the 16th U.S. President is grounded on the complex humanity of the man, one forced by circumstances to deal not only with epochal national concerns — slavery and the Civil War — but also pressing family ones. His Abraham Lincoln is grey of hair and beard, walks with a slight stoop and speaks in a higher register than our mind's ear may wish to hear. He's capable of thunder — we see glimpses — but he frequently comes across as timorous, in his dealings not only with political foes and allies but also with his high-strung wife Mary (Sally Field) and headstrong son Robert (Joseph Gordon-Levitt). Scripted by Tony Kushner (TV's Angels in America, Spielberg's Munich) the film loosely adapts Doris Kearns Goodwin's non-fiction best-seller Team of Rivals: The Political Genius of Abraham Lincoln. It finds focus in the marrying of high principles with low politics.

PETER HOWELL

Lil Wayne releases his latest album, I Am Not a Human Being II, this week. THE ASSOCIATED PRESS

Same old Lil Wayne

New album.
Forget the story line — rapper's strength still lies in his lyrical zingers

Lil Wayne's I Am Not a Human Being II album opens with a familiar sound — someone's flicking a lighter. It's Weezy's sonic signature, a long-running nod to the weed, women, booze and bravado that has shaped so many of his musical releases, including his latest.

Now on his 10th album, singles like No Worries and the Mike WiLL Made It-produced B—s Love Me suggest that Wayne's priorities haven't changed. Luckily for fans, he covers familiar territory with fresh, tweet-worthy punchlines.

But if you're looking for storytelling, look elsewhere. Wayne's expertise is in lyrical zingers.

He unleashes a dazzling array on the 2 Chainz-assisted Rich as F—, which features a standout, swaggering beat from producer T-Minus. "AK on my night stand, right next to that Bible/But I swear with these 50 shots, I'll shoot it out with 5-0/Pockets gettin' too fat, no Weight Watchers, no lipo," Wayne raps.

His performance on the song may very well convince on-the-fence fans that the YMCMB captain still has passion for his craft.

He's entertaining on Trippy, one of two tracks produced by Juicy J and Crazy Mike. "I got high, and fell asleep loaded/I woke up and got high again/OK, I'm reloaded," Wayne raps, making no apologies for his recreational activities.

He's a sinister presence over the equally sinister beat of the production duo's Trigger Finger, and seems to laugh about his 2010 eight-month jail stint on Gunwalk featuring Gudda Gudda.

The songs are reminders of a more focused Wayne — a version of the rapper that seems to be absent from tracks like Curtains, where he phones in lines like "I'm getting cake like I'm Jewish/my n— Drake, he Jewish."

He rages through the heavy metal-influenced Hello, but crossing genres doesn't change the same tired content.

And while the hook on God Bless Amerika promises a more thoughtful Wayne, his verses don't measure up — a disappointment considering his still-revered status as the best rapper in the game.

Overall, Wayne meets expectations for Wayne these days — not saying much (of substance), but giving listeners plenty to talk about.

THE ASSOCIATED PRESS

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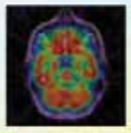

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Meyer's desert dream now a feature film

The Host. Twilight author came up with her latest world on a drive from Phoenix to Salt Lake City

RICHARD CROUSE
scene@metronews.ca

Unlike most pop culture superstars, author Stephenie Meyer is not on Twitter. Well, she is, but she's only tweeted twice, both times on April 16, 2009. Still, she has almost 100,000 followers eager to hear any pronouncement from the woman who gave us eternal lovers Bella Swan, Edward Cullen and the Twilight universe.

She had time to tap out the two tweets because at the time her world "had not been affected by the movies as it is now."

Currently the five Twilight films have grossed over $2 billion and a new film sits poised to create another Meyer franchise. It's unlikely she'll have time to tweet anytime soon.

The Host, starring Saoirse Ronan, is a science fiction romance based on Meyer's 2008 novel.

"When I came up with the idea I was driving between Phoenix and Salt Lake City," she says.

"Through the desert there really is nothing for hours and hours and I didn't have anyone to talk to, so I was entertaining myself and in the middle of that came the idea of two people, in one body, in love with the same person, and that conflict. I thought, 'That's not a bad idea' and I started working on it, just in my head, until I could get to where I could start typing."

Her love of science fiction dates back to early childhood when her father would read the stories of Frank Herbert, Orson Scott Card and others aloud to the family."I remember he read us Dune. The first one gave me nightmares."

The home readings, she says, were "great for a growing imagination. I also had a real affinity for that kind of reading so I don't think it was an accident that the second world I created was a science fiction world."

She's quick to point out, however, that The Host is suitable for people who don't necessarily like sci fi.

"It's in our world and it looks the same and people are in our bodies, so it feels the same.

"You don't have to try and immerse yourself in something that is completely alien to you.

"I think that takes away one of the hurdles for people who aren't sure about science fiction."

As a fan, however, she sees the tantalizing possibilities in the genre.

"Science fiction lets us experience something that we haven't yet," she says, "but we might."

Stephenie Meyer says she's liked science fiction since she was a young girl. THE ASSOCIATED PRESS

Correction

- **Incorrect film review.** In Monday's paper, Metro ran the wrong review for Yossi. The film is playing now at the TIFF Bell Lightbox theatre.

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Beyoncé sizzles this summer with H&M

New campaign. Singer appears in discount fashion retailer's ads that channel the 'four elements'

Whoever told you that this is the year of the snake lied.

It's the year of Beyoncé, obviously.

And because you haven't seen enough of her yet, H&M has just released these ads starring everyone's favourite Super Bowl halftime act.

"I've always liked H&M's focus on fun and affordable fashion," she says in a press release.

Mrs. Carter collaborated with the brand to create the television and print ads, which are meant to "explore the different emotions of women represented by the four elements — fire, water, earth and wind."

We're guessing this image of her lying on the beach is meant to channel the fire part. Hot.

Did you see what we did there?

The collection, which includes body-con dresses, flowy sundresses and bikinis, hits stores in early May.

Wear one of them to her concert.

METRO WORLD NEWS

Beyoncé strikes a pose for H&M. THE ASSOCIATED PRESS/H&M

Eva Mendes. Actress on her personal style and a 'Princess Jasmine' look

Eva Mendes will be doing the red-carpet circuit again with her new film, The Place Beyond the Pines, co-starring Ryan Gosling, coming out later this month. But while she lands more often than not in the fashion "do" column, Mendes says she knows she's made a few mistakes along the way, including one look she calls "Princess Jasmine gone wrong."

Still, she has style credibility — and is making the most of it. She's working on her own clothing line for New York & Company and is hoping to have it in stores for the fall. She's also been tapped to represent Vogue eyewear.

Here, Mendes, 38, talks about spreading her wings.

Do you feel any pressure to look "done up" whenever you leave the house?

No, that's a pressure I would never put on myself because I wouldn't want other women to feel that pressure. We all have our good days and our bad days. We all have our days when we feel great and want to look great, and then we have our days where we just want to be in our sweats or our jeans or our sweats equivalent and throw our hair up in a bun or a cap. For me, I like to throw my hair up in a scarf because it's an easy way to not deal with bad hair and it adds a little bit of elegance. So, usually when you see my hair up in some kind of scarf it's really not going for a look, it's going for function because I didn't have time to wash my hair or style it.

Do you ever look back at any of your red carpet moments and think, "What was I thinking?"

I really am the first one to laugh at myself and point out what a horrible fashion choice I made or point out an unflattering photo. About six years ago I went to the Ghostrider premiere in New York City and it was cold and snowing — I don't know why I'm sharing that, I think I'm trying to justify — and I had my dress on but I had to finish my hair and makeup in the back of an SUV. It was a beautiful dress, but the way I put everything together, it was a Princess Jasmine gone wrong. The strapless, purple dress with necklaces and hair in a really high braid. It's not a good look.

Are you someone who follows trends?

No. In fact, the worst thing a sales person can tell me when I'm in a shop is, 'Oh, that's been a hot seller.' ... Most of what I wear is vintage ... I like little boutiques. I feel stressed in department stores. Or, oh my god, I can't go to Target. I'm just overwhelmed. It's like the Super Bowl of stores. I like thrift shops more than vintage stores because at vintage stores just calling it 'vintage' kind of ups the price (laughs).

You're the face of an eyewear campaign. Do you wear glasses?

I started to need reading glasses like two years ago, but the funny thing is I used to want glasses so bad when I was little that I actually used to stare into the sun to damage my eyesight. My mom would catch me and be like, 'What are you doing?' I was obsessed with looking smart. I also went through a stage in junior high where I would wear non-prescription reading glasses and then I got called out one day, so I stopped that because I felt like a phoney. So, as of two years ago, I just started needing them. I love them. (Wearing glasses) adds an instant quirk and elegance.

What's the clothing line you're working on?

Eva Mendes wraps her hair in a scarf on bad hair days. GETTY IMAGES

It's with New York & Company. I'm working on it right now for the fall line and working with vintage-inspired prints and cuts but not making it retro in any way. I come from a family where the women are more voluptuous so I like to cater to that.

Is this something you always wanted to do?

Not really. It crept up on me slowly. Then I realized this is where my passion lies. I think one of the great things about being an actress nowadays is we can wear so many hats. If you're creative in one area it usually seeps into another, like my home. I feel like my home is a set in a way - a lived-in set. I love to production design my own home.

Does the look of your home change based on what's going on in your life?

All the time. It's so fun. I love listening to music, rearranging my furniture, playing with materials. Flower arrangements. I make flower arrangements for every room in the house. That's really peaceful for me.

THE ASSOCIATED PRESS

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Taking on the U.S. president

Olympus Has Fallen. Actor Aaron Eckhart crafts his ideal head of state for his role in the new action flick

Aaron Eckhart's favourite actor is Cary Grant.

Unlike Grant, Eckhart's own career has veered all over the place. His breakthrough was playing a remorseless corporate sociopath in In the Company of Men. He's played villains since, but even there lies diversity: a lovably amoral nicotine lobbyist in Thank You For Smoking and a tragic Two-Face in The Dark Knight.

Elsewhere he's played heroes (Battle: Los Angeles) and love interests (Erin Brockovich). Now, in the new Olympus Has Fallen, he's the president of the United States.

Yet, Eckhart latches onto Cary Grant, an actor who, with a few exceptions, kept to a certain (peerless) shtick.

"I always feel like he's so good that he's not regarded as an actor," Eckhart explains. "Maybe he didn't have the range that people expect a modern actor to have. But there's never been anybody like him."

Eckhart pines for a radically different era of screen acting. "They had multiple partnerships: Cary Grant and Katharine Hepburn, Katharine Hepburn and Spencer Tracy. They got to know each other. So they were comfortable together. In movies today you don't get to know the person you're working with as well as you'd like."

But today's actors are judged by versatility, forever required to stretch their talents. "The most important part about being an actor is being truthful. It really doesn't matter what I play, even if it's the president," he says. "You want to do different things, too. I've done big and small. I've been a pedophile, I've been a war hero. There's not much I won't do."

Eckhart has done his share of action movies, including Olympus, which is Die Hard in the White House. Eckhart's president is kidnapped during a siege by rogue North Korean terrorists and has to be saved by secret service agent Gerard Butler.

Actor Aaron Eckhart plays the president of the U.S. in Olympus Has Fallen. THE ASSOCIATED PRESS FILE

Playing the president required him to craft his ideal head of state. "I want somebody to look at me and feel confident, to feel like they elected the right guy, to feel like I was capable and honest, speaking truthfully to them. I wanted to be someone who was not easily coerced."

Of course, there's also the fear of being typecast. Early in his career Eckhart voiced concern about relentless villain roles. "I'm still conscious of that. When you're playing the villain where you're trying to take down something, it's not so interesting."

Typecasting isn't always bad: Cary Grant got to play charming men of refinement. Villains can be less fun. "Being a villain, you have to deal with so many hard-core emotional issues. You spend a lot of time reading the diary of Jeffrey Dahmer and stuff like that. And it gets old after awhile. Basically you're hanging out with a bunch of s—heads."

Playing villains or heroes comes from the same place, though. "The main challenge of being an actor is to be multidimensional, to be a whole person," he says.

"Whether you're the protagonist or the antagonist, you still have a life. You still have parents. You still have to put gas in the car. If audiences believe that, then they'll get past the fact that he's cutting people into little pieces. They'll start going back to the history and ask why he's cutting people up. And that's when you're more fulfilled as an audience member."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lindsay Lohan

Lindsay's letting loose before lock up

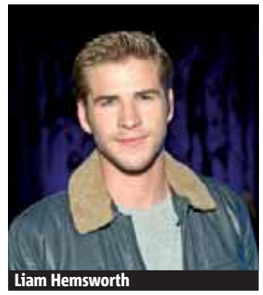
Lindsay Lohan is apparently looking to make the most of her time on the outside before her 90-day sentence in a lock-in rehab facility begins. The troubled actress, who accepted her sentence as part of a plea deal last week, reportedly spent the weekend hitting up nightclubs around Southern California. On Friday, Lohan was spotted "drinking Ketel One vodka on the rocks and smoking Parliaments" at San Diego club Fluxx dressed in a Yankees baseball hat and a hooded sweatshirt, according to Us Weekly. And Saturday night found her back in L.A. at Santa Monica's 41 Ocean, where she tried to dodge photographers, according to the Daily Mail. But Lohan has assured her Twitter followers that she's not partying as much as is being reported. "I'm taking this seriously and focused on the road ahead," she wrote before the wild weekend. "Don't believe every thing you hear unless you hear it from me." There's still no word on when Lohan will begin her 90 days of treatment.

Four weddings and a few red flags

Jesse James has tied the knot for the fourth time, marrying drag racer Alexis DeJoria in Malibu this weekend after dating for less than two months, according to Star magazine. James' most recent marriage — to Sandra Bullock — ended in divorce in 2010 after his infidelity came to light. DeJoria is the daughter of billionaire Paul Mitchell co-founder John Paul DeJoria, who also helped launch Patron tequila and the House of Blues nightclub chain. "Jesse's always had a man-crush on John Paul, and what better way to get close to him than to get hitched to his daughter?" a source says.

Jesse James

"But this marriage will be his fourth. If I were John Paul — after what Jesse put Sandra through — I'd be warning him up front that when it comes to Alexis, he'd better watch his butt."



Liam Hemsworth

Miley Cyrus

Knock off the rumours, the ring is back on

Maybe it's time to put those breakup rumours about Miley Cyrus and Liam Hemsworth away, as the pair have been "inseparable" since Hemsworth got back from his trip to Australia and Manila, according to People magazine. "Since Liam returned to L.A., Miley has been in the best mood. They are together and will continue their wedding plans," a source says. On top of that, Cyrus has been spotted wearing her engagement ring once again.

Too much of something: A reunion recipe that's one Spice short

Spice Girls fans hoping for a reunion will have to be satisfied with the group's performance at the Olympics last summer, as that's it as far as Victoria Beckham is concerned, according to Radar Online. "Victoria has made no secret of the fact her singing days are over, with a hugely successful business and a growing family," her rep says. "She loved her time as a Spice Girl and will always wish the other girls well in whatever they choose to do." And whatever they choose to do may now include doing a reality show in which they search for Beckham's replacement, according to the Daily Mail. "The girls, particularly Geri [Halliwell], think there is so much more that they can achieve, and they know that their fans still want to see them perform," a source says. "She would give anything for this to all work out. She has spoken to TV production companies about how it would work and is very excited. They are gradually getting further down the line."

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I am not currently Mexican

@Louis_Tomlinson
Just incase anyone was wondering, cereal after mouth wash is a bad choice !

@rustyrockets
Read Malcolm X's autobiography next time you think you've had a hard life.

@MatthewPerry
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Vision restored

Civil engineer with eye disorder waited three years for each cornea transplant

Since her teen years, Sandra vanRassel knew that her vision would one day degenerate. Diagnosed at 18 with Fuchs' dystrophy — a slow-progressing eye disorder that affects the cornea — she expected that at some point in her adult years, cornea transplants would be required to restore her vision.

When vanRassel turned 40, it was time for the transplants, but it would be another three years before the Thunder Bay mom would have her first surgery — a time period when her quality of life was severely diminished.

A civil engineer with Aboriginal Affairs and Northern Development Canada, she was unable to work for three years. However, driving was impossible, as were simple tasks such as reading mail. Friends and family rallied to help vanRassel with her grocery shopping and social outings like her son's playgroup.

"I couldn't even see my son's nose running; if he had a cold, I wouldn't know it," recalls vanRassel, now 47. "[The other moms] would come and see me and say, 'He needs his nose wiped.'"

She had transplants in 2007 and 2010 at Toronto Western Hospital. In total, she waited six years — three for each eye. This long wait time is all too common, according to Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

"In Manitoba, we handle a waiting list for five surgeons — which [would be] about 120 patients — all the time," Rocha says. "I had a patient that was really frustrated. He had been waiting for a year and a half."

Part of the problem lies with how the system is organized in Canada. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists.

It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say [cornea transplant] is the easiest," Rocha says. "You basically want a cornea that is healthy."

Shannon Lapeire

Sandra vanRassel: "It would be nice to have a shorter waiting list... and if more people registered and donated."

Individuals who are near- or far-sighted, for example, are still good candidates as cornea donors.

At any given time, more than 2,000 people may be waiting for transplants across Canada (excluding the province of Quebec) and wait times can vary from six months to three years.

"The sad thing is that we know if we were [somewhere else] — the United States or even India and Colombia — they would be getting [corneal] tissue within two weeks," says Rocha.

Waiting lists are almost non-existent in other countries, including the U.S. and the U.K.

"You can schedule a surgery there and you know a cornea will be available. The wait is weeks, not months or years," says Mathias Haun, director of strategic planning for tissues at Canadian Blood Services, a non-profit organization. Their mandate, in addition to managing the blood supply for Canadians outside Quebec, includes increasing public education and awareness about organ, eye and tissue donation and transplantation.

The cost of vision loss in Canada is considerable. A report from CNIB and the Canadian Ophthalmological Society found that adults with vision loss face twice the risk of falls or premature death, and are 50 per cent more likely to live in poverty.

Public opinion polls conducted by Canadian Blood Services have shown that 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

Canadian Blood Services hopes to increase national awareness around the importance of eye and tissue donation to help people like Sandra vanRassel.

With her vision now restored to 20/30 through the use of lenses — up from 20/80 and 20/90 before the operations — the frustration that came with those long waiting times has dissipated, now replaced with gratitude.

"It would be nice to have a shorter waiting list and it would be nice if more people registered and donated," she says, "but I am still very appreciative of those who did decide to donate."

For vanRassel, the donors were a 15-year-old girl and a 50-year-old father. She wrote letters of gratitude to their families — a process so overwhelmingly emotional that it took a year to complete the first letter.

"It's so hard to write a letter and thank people for what you've gained when they've lost," says vanRassel, choking up at the memory. "I can't say thank you enough to those families."

Because she knew as an 18-year-old that she'd eventually need transplants, vanRassel says she's always supported organ and tissue donation. But in the years since her surgeries, her advocacy has grown stronger.

"I push more for it and try to make people aware of how they can help other families and how important it is," she says. "But I don't think some people realize how much they can help other families.

"I hope that other families who do give donations realize how much it is appreciated . . . it's so nice to know that there are people out there who will make that choice."

Want to donate? Here's how

Canadian Blood Services, CNIB and the Canadian Ophthalmological Society are partnering to encourage people to consider becoming an eye donor.

According to recent polls by Canadian Blood Services, 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent of Canadians say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

The ways to register or declare your intentions to donate vary from province to province.

Go to **organsandtissues.ca/donate** and click on your province to find out how to become a donor.

Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada is long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant.

Transplant wait times in Canada can vary from six months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant.* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32 per cent, and 50 per cent of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

Canadian Blood Services
Société canadienne du sang

cnib | inca

Canadian Ophthalmological Society / Société canadienne d'ophtalmologie

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Could this alkaline diet change your life?

Mythbusting. Your body shouldn't be high on acid. Honestly Healthy, looks at how alkaline-forming foods help you lose weight, be happy and fight insomnia. Metro investigates the claims

ROMINA McGUINNESS
life@metronews.ca

"Our bodies function best when in an alkaline state. Yet, much of our eating trends and diets are very acid-forming in the body, leading to internal stress," Vicki Edgson, nutritionist and co-author of Honestly Healthy, tells Metro.

Why? Because other than in the stomach, which is highly acidic in order to break down food and kill bacteria, everything else in the body runs at an alkaline level.

"All our bodily fluids (blood, serum, urine) are between 7.35 and 7.45 on the pH scale. Matching this alkaline state makes it far easier for the body to digest, absorb and derive energy from the food we consume," she explains.

But certain staples, such as coffee, milk and red meat, score between four to six on the pH scale.

When digested, they form acidic residues in the bloodstream.

"This places a heavier burden on the kidneys and liver to break them down further, as both organs require an increase of certain minerals in order to buffer such acidity," warns Edgson.

Edgson makes sense and Honestly Healthy's recipes are delicious — we've tried them — but are her claims correct?

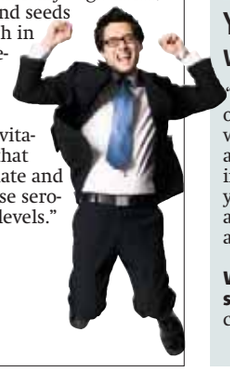
We asked Amanda Griggs, Nutritional Therapist at the Balance Clinic London (whose clients include supermodel Elle Macpherson) to weigh in on the claims.

70% alkaline, 30% acidic = balance?

What the nutritionist says: "True! An alkaline diet is basically a healthy one that includes fresh vegetables, fruit, nuts and water but excludes excessive amounts of processed foods, coffee, and alcohol."

Good food will improve a mood

What the nutritionist says: "Alkaline foods such as green leafy vegetables, nuts and seeds are rich in magnesium, folic acid and B vitamins that stimulate and increase serotonin levels."



You'll lose weight naturally

"ninety-nine per cent of people put on weight when they're unhappy and therefore eating inappropriately. But if you feel great, you'll lose any excess body weight anyway," claims Edgson.

What the nutritionist says: "True! Over-acidity can equal weight gain."

Clear skin, shiny hair & better BO

What the nutritionist says: "True! The body neutralizes excessive acids with alkaline minerals such as magnesium and potassium. An excessively acidic diet puts a strain on the organs of elimination such as the colon and skin."

Better sleep/ focus

What the nutritionist says: "True! With a constant onslaught of a high acidic diet that includes stimulants such as caffeine, sugar and alcohol, the body resorts to leaching valuable electrolytes such as calcium, magnesium, potassium and sodium from vital organs and blunt valuable hormones, which we need for restful sleep."

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- Choose whole grain products more often

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An apple a day can keep disease at bay

Health standards. More than half of Canucks aren't meeting the minimum healthy eating recommendations

Canadians are living longer. But not necessarily healthier. On average, we'll spend our final 10 years with sickness and disease. We can change this.

The choices we make now can help shape a future of strength and vitality.

To shrink that 10-year gap, the Heart and Stroke Foundation recommends being physically active, eating well, being smoke-free, reducing stress and avoiding excessive drinking.

Food for thought nutrition is one of the most important things you can do to improve your health — yet more than half of Canadians don't meet the healthy eating recommendations.

Avoid snacks and stick to a regular meal plan. ISTOCK PHOTOS

Eating a poor diet results in nearly three quality years of life lost, while being obese can reduce your life span by almost four years.

To start on the path to shrinking the 10-year gap, take these tips to heart.

Embrace the rainbow
Eat between five and 10 servings of vegetables and fruit each day. Choose a variety of colourful vegetables and fruit.

Get the guide
Make Canada's Food Guide your bible to plan well-balanced meals with sensible portion sizes.

Shake the salt habit
Instead, spice things up with fresh or dried herbs.

Banish temptation
Skip the snack aisle at the grocery store.

Counter the snack attack
Got the munchies? Grab some plain, unsalted popcorn.

NEWS CANADA

Parenthood

Study reveals much of mice and mammals

A study published in The Journal of Neuroscience found that sexually naive mice respond aggressively to chemical signals (most likely pheromones) from newborn pups, while pup pheromone perception is suppressed in fathers (sexually-active male mice), tending to make them more nurturing.

The findings may help scientists to better understand the changes that take place in the brains of some mammals during the transition into parenthood.

LINDA CLARKE /METRO NEW YORK

Pubic hair removal may increase sexually transmitted infection risk

New health study. Researchers show how certain STI's have risen as the popularity of Brazilian waxing has taken hold

Clean shaven may not be as clean as some think. ISTOCK PHOTOS

A recent study published in sexually transmitted infections found that Brazilian waxing and other types of pubic hair removal, including shaving, was a possible link to an increased risk of a viral infection called molluscum contagiosum.

Molluscum contagiosum is a poxvirus that can be passed on through sex, but it is also easily spread by self-infection, such as scratching.

Researchers say the risk seems higher with shaving than waxing and that other STIs, such as genital warts, could be more frequent with genital hair removal.

Over the past decade, researchers noted that the number of sexually transmitted cases molluscum contagiosum had risen, just as the popularity of pubic hair removal had also increased.

LINDA CLARKE /METRO NEW YORK

Hormones

Working on a night shift could up the odds of contracting ovarian cancer

New findings published in Occupational and Environmental Medicine state that shift work may be associated with an increased risk of cancer.

Researchers think that the result could be due to lower melatonin production.

This hormone is mostly produced at night and regulates reproductive hormones, particularly estrogen. It also destroys cancer-causing free radicals and boosts antioxidant production in the body.

The International Agency for Research on Cancer (IARC) has classified work schedules that disrupt the body's normal time clock (circadian rhythm) as a probable cancer-causing agent.

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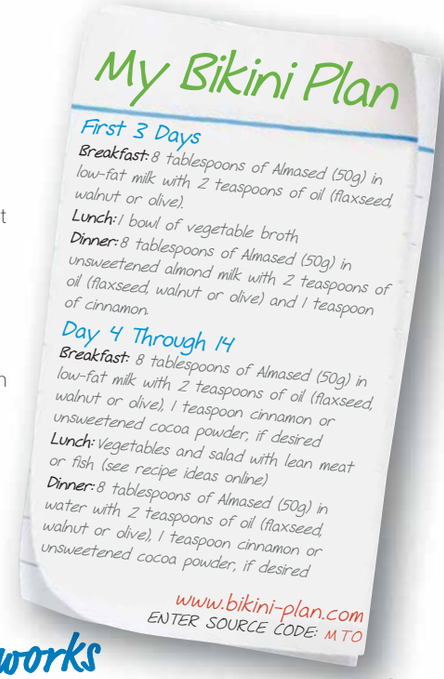
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Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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FOLLOWING HER DREAM

SARAH BÉGIN HASN'T LET EPILEPSY STOP HER FROM LIVING HER LIFE

CONTRIBUTED

Epilepsy did not stop Sarah Bégin from following her dream ... in fact, it brought her closer to it.

The first time Sarah Bégin, 25, had a seizure she was in bed sleeping. It was in August 2011 and her partner Jorge woke up and called 911. She went to emergency and after a series of tests, the neurologist said it might just be a one-time thing. But it wasn't. Eight months later, she had a second seizure, again at night while she was sleeping. Then, in August 2012, she started having them while she was awake, five in one week.

While the diagnosis of epilepsy has been life-changing, Bégin has also learned the disorder won't stop her from doing what she wants to do.

First, she let the important things in life rise to the top. Bégin quit a part-time job in a kitchen to focus on being a full-time vocalist and music teacher (jazz, blues and Latin music). She also started a business, Alleycat Music, with Jorge, who is also a musician.

The couple gathered as much information as they could about the disorder (Epilepsy Toronto was a great resource). One concern was whether having children was still possible. Bégin learned that it is all about planning — she would work with her doctors and try going off medication if and when the time came.

"People have been kind and understanding," Bégin says. "They mostly have questions because of their ignorance."

The convulsive seizures Bégin has last just a few seconds. Her body stiffens up or contorts in a strange way — and then she collapses.

"The aftermath is actually a lot bigger — it takes 20 minutes before I come around, then I'm very disoriented and confused."

Medication is helping, and Bégin has been seizure-free for about six months despite the fact she had to stop taking one of two prescribed drugs because of a drug shortage. If problems occur, her doctor will try her on another prescription drug.

Bégin wears a medic alert bracelet and is very aware of how she is feeling all the time.

"A lot of people have auras just before they have a seizure. For me, it was a feeling of déjà vu, it's a strange, dizzying feeling.

"Although having epilepsy can be scary at times, I am very fortunate to live a full and happy life. I am doing exactly what I want to do."

LEARN MORE ABOUT EPILEPSY WITH THIS QUIZ

One in 100 Canadians live with epilepsy. What they all share is a desire to see the public better informed about the realities of epilepsy. Show your support. Wear purple and take the Purple Day Quiz to learn more about epilepsy.

1 Forcing a spoon into someone's mouth during a seizure is:
a) A myth;
b) A good way to break their teeth;
c) Unnecessary since you can't swallow your tongue during a seizure;
d) All of the above.

2 True or False: Epilepsy is more common than cerebral palsy, multiple sclerosis and Parkinson's disease, combined.

3 There is no cure for epilepsy but _ % of people can control their seizures with medication and _ % can eliminate seizures with surgery.

See the answers and learn more about epilepsy at epilepsytoronto.org or facebook.com/epilepsytoronto.

EPILEPSY Toronto

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PHONE: 416-964-9095
WEBSITE: EPILEPSYTORONTO.ORG

RAISING AWARENESS ABOUT EPILEPSY

Today, individuals and groups across Canada are participating in Purple Day to raise public awareness about epilepsy.

Started in 2008 by Cassidy Megan, a nine-year-old Nova Scotia student who wanted to educate her school after being diagnosed with epilepsy, Purple Day has spread across Canada and was officially recognized by the Parliament in 2012.

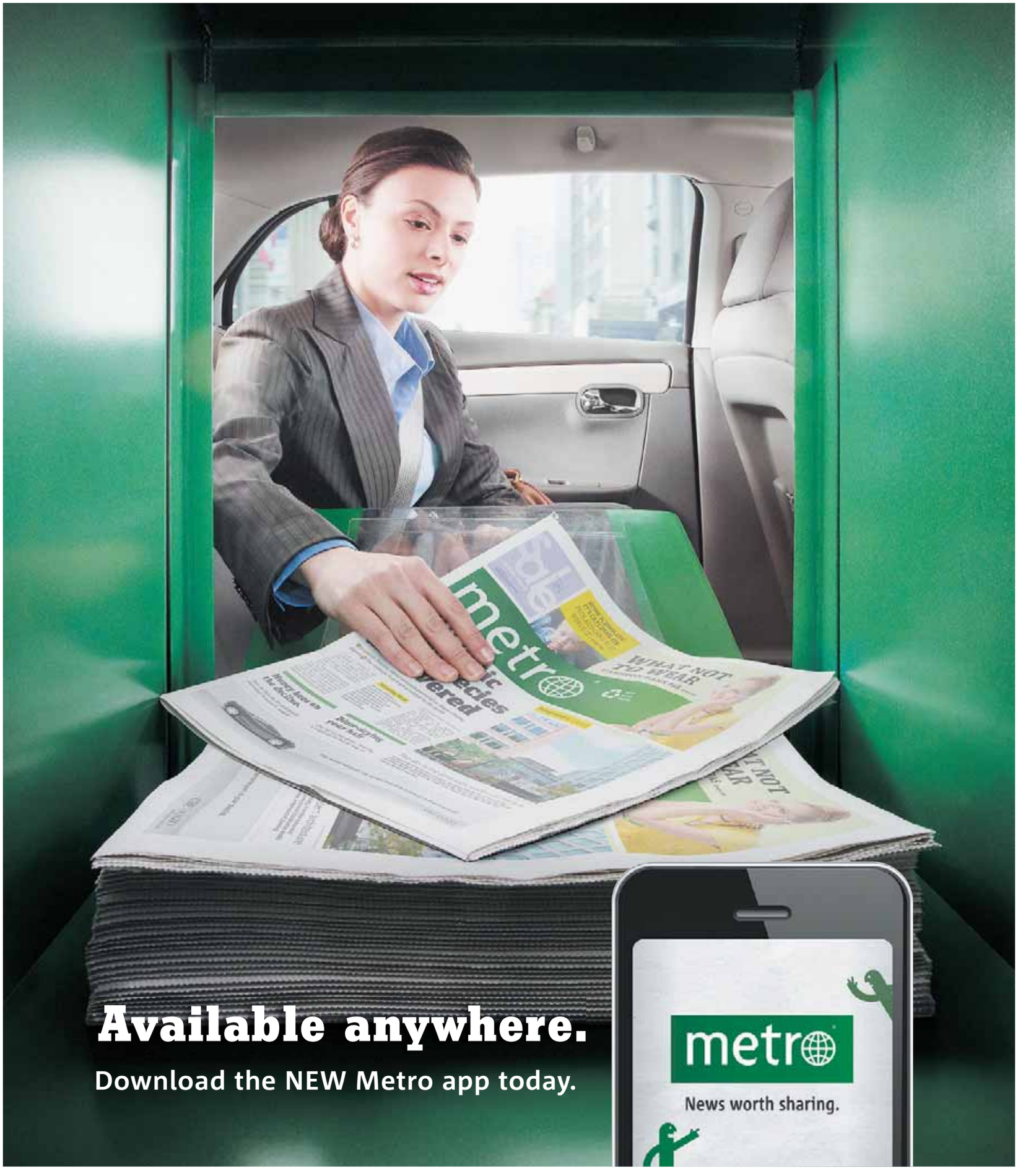
Epilepsy is a common neurological disorder characterized by recurrent seizures. It can begin at any age, although onset is most common in childhood or in later years.

Some people have seizures that disrupt their lives on a daily basis; others manage with medication or surgery. What they all share is a hope that the public can better understand and be better informed about the realities of living with epilepsy.

Purple Day activities help to raise awareness and support individuals and families living with epilepsy. Here in Toronto, Purple Day activities are organized by Epilepsy Toronto with help from community groups, schools, businesses, and hospitals.

For more than 50 years, Epilepsy Toronto has offered counselling, employment, information, education and advocacy programs and services.

For more details, call 1-866-epilepsy or visit epilepsytoronto.org.



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Mussels: art of simplicity

ROSE REISMAN
for more, visit
rosereisman.com

These simple and delicious Mussels with Tomatoes, Basil and Garlic can be either an appetizer or a main meal.

Serve the dish with a wholegrain French or Italian loaf to mop up the flavourful juices.

Ingredients

- 2 lb mussels in the shell
- 1 1/2 tsp vegetable oil
- 3/4 cup finely diced onion
- 3/4 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini (optional)
- 2 tsp crushed fresh garlic
- 1 can (14 oz) tomatoes, drained and chopped
- 1/3 cup dry white wine or fish stock
- 2 tbsp tomato paste
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/3 cup chopped fresh basil

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Discard any mussels that don't close when tapped. Scrub the mussels under cold water and pull off the beards. Set the mussels aside.

2. Spray a large non-stick saucepan with cooking oil, add the vegetable oil and place over medium-high heat. Add the onions, bell pepper, zucchini (if using) and garlic; sauté for 5 minutes. Add the tomatoes, wine, tomato paste, dried basil and oregano; cook on medium heat for 10 minutes, stirring occasionally until sauce thickens slightly.

3. Add mussels. Cover and cook until mussels are fully open, 4 to 5 minutes. Discard any that do not open. Arrange in individual bowls and pour sauce overtop. Garnish with basil. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Spring a leek today

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Any day now we are going to start seeing a spring crop of leeks.

And, like the middle child, they do require some effort (sorry middle kids) but pay dividends in the end.

Clean them up, treat them properly and you will never look back to plain old onions again.

- When cleaning leeks, it is best to cut them lengthwise into semi cylinders rather than rings. Cold running water between the layers removes the grit better so you won't feel like you are eating a sandbox.
- Pan fry in butter with high heat to help brown and crisp the delicate fibres or they can become a slimy mush.
- Think about cooking a double batch and storing in the fridge to top soups, pastas and pizzas all week long much like caramelized onions ... only better.

Leeks provide more vitamin C, iron, Vitamin A and fibre than an equal amount of onion, but their unique, milder flavour really hits home on a cold, rainy day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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I'm sorry for sleeping with your girlfriend, and other apologies

Memoir.
Columnist says we try our best but we all mess up — yet we're all deserving of forgiveness

Dave Bry is a professional apologizer, first in a Dear (Person He's Wronged) column online and now a letter-by-letter memoir of messing up and making amends.

Out Tuesday, Bry's Public Apology is stuffed with wrongs, from the foibles of an anxious, surly tween in New Jersey to the regrets of a 20-year-old who drinks and does drugs too much, losing his father to cancer at a crucial time in his youth.

Could you fill a book with apologies? Bry has no trouble.

Through high school in Little Silver, N.J., Bry spends a lot of time apologizing for bad behaviour at school as he set a record for detentions and tried to lose his virginity. He succeeds with the girlfriend of a classmate. And he's sorry.

Was the idea for the book to share something of yourself beyond the usual memoir?

I'm a little reluctant to talk about it in terms of getting weight off my shoulders, confessing for the sake of (alleviating) guilt. In my least generous look at it, I'd call it a gimmick. But I relate well to other stories told in the first person, that feeling of, 'Oh man, it could have come out of my own head.' The loftiest goal of the book would be that people might relate to it and remember, 'Oh my god, I remember when I did that stupid, embarrassing thing, and I remember when I was such a jerk and I've been beating myself up about it since.' It's nice to know that other people feel that way.

Dave Bry, author of Public Apology.
GRAND CENTRAL PUBLISHING / THE ASSOCIATED PRESS

Were you trying to get in touch with your previous selves?

I think about the stuff that I've done wrong a lot. I'm a real harsh judge of behaviour, probably most harshly my own. I look at my behaviour pretty closely and look back on things and can identify many, many times in my life that I screwed up. I think I've always been looking back five years and thinking, 'Oh my god, thank god I'm not that same person. I was such an idiot.'

Do you have more to apologize for than the average person?

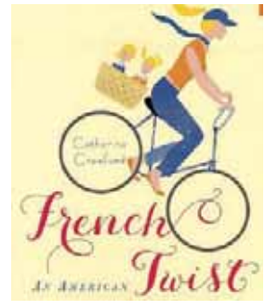
No. The way that I look at it is that we're all pretty much the same, and some of us maybe will feel more guilty about stuff, and maybe get more hung up. I think my northeastern Jewish upbringing made me lean in that direction, toward the kind of Woody Allen, hand-wringing guilt. But I think everyone's equally guilty, except the extreme examples. Basically, I think, we're all trying to do our best in this world, and we all mess up a lot. The flip side is we're all deserving of forgiveness.

THE ASSOCIATED PRESS

French Twist. Motherhood with a bit of 'ooh la la'

When Brooklyn mom Catherine Crawford began to feel as if her kids were running the household, she and her husband decided to try an experiment in French parenting. The more hands-off French method focuses on rules and boundaries between children and adults.

Her memoir, French Twist: An American Mom's Experiment in Parisian Parenting, chronicles her family's experience with "la vie française," and how it transformed their lives.



Your "a-ha" moment occurred during dinner with French family friends — as you were about to bolt out of the room to tend to your crying daughter, your friend said, "If there is no blood, don't get up."

Throughout the evening, I had been in awe all night of my friends' children. They didn't seem to need the same amount of attention, and they were extremely courteous. My daughter was freaking out about something and my instinct had always been to get up and run. My daughter calmed down. She figured it out on her own, which we don't let children do enough.

What changes did you make after that?

My husband and I defined rules. We said, "You're children. Daddy and I are grown-ups and we're not the same." I had to explain to them that they didn't get a say in everything. I realized I was always trying to fit into my children's world, whereas I never made them adapt to mine.

NATALIE SHURE/METRO

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StyleDemocracy IN SIDER

Can you claim tax credits for an infirm parent?

Alison on Money. It's a confusing area for taxpayers, thanks to a hazy, subjective definition of infirm

YOUR MONEY
Alison Griffiths
money@metronews.ca

Millions of Canadians are caregivers but are confused about whether they can claim caregiver tax credits for the elderly. This Metro reader is one of them:

"My mother is 80 and lives with me. Her income from OAS and GIS (guaranteed income supplement) is $15,000. She can still do the daily basic necessities but her hearing is poor. I assist her with doctor appointments and ensure she is taking her daily medication. Can I claim any credits?" T.E.

It's a bit of a puzzle because there are three "caregiver" credits under the category, Supporting Other Infirm Adults, meaning other than a spouse.

These include line 305 (amount for eligible dependent), line 306 (amount for infirm adults age 18 or older) and line 315 (caregiver amount).

Line 315 is the most likely credit for you. The caregiver amount is $4,402 for a dependent who is not infirm and $6,402 if the person is infirm. The non-refundable tax credit is phased out when net income exceed s $21,435 for the infirm and $19,435 for those who are not infirm.

Line 305 (amount for eligible dependent) used to be called the equivalent to spouse amount. You must be single and have your mother living with you. This credit is phased out when net income exceeds $10,822 for those who are not infirm and $12,822 for those who are.

You should talk to your mother's doctor to find out how she might be classified. The definition of infirm is hazy and somewhat subjective. If she's considered infirm, the line 306 tax credit also applies.

Also, if your mother's hearing loss qualifies her for the Disability Tax Credit (DTC), it could be transferred to you to reduce your taxes. A health professional will need to fill out the DTC application form, T2201, at cra-arc.gc.ca/E/pbg/tf/t2201.

Be aware that disability is a specific condition according to the CRA. One can be disabled but not infirm, and vice versa.

Growing issue

2.7 million Canadians care for an elderly family member or friend.

There are several caregiver tax credits available to taxpayers. ISTOCK IMAGES

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Personal finance. Here's how women can take control of their money

For more than a century the financial services industry has focused on men as the primary target for individual insurance and retirement savings.

According to a study by the Boston Consulting Group, Canadian women control 67.2 per cent of all household spending. That's a lot of purchasing power in our economy.

"What's interesting is that while many women today are able to assert their independence through their lifestyle and career choices, many still find personal financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position. So it's essential that women create a financial plan that can support their current and future needs and lifestyle."

First, think about what you would need financially to protect your family in case of an emergency such as an illness or a job loss.

Second, know where your money's going. Review your budget to identify any wasteful spending and make a goal of paying down your debt once and for all.

Third, create a savings plan for your retirement and for a rainy day

Fourth, review your life insurance coverage. Products like disability insurance, extended medical insurance and critical illness insurance allow you to focus on healing.

To learn more, talk to your financial advisor or visit desjardinslifeinsurance.com.

NEWSCANADA.COM

Women influence

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The business of building happy bellies

Document the delish. You're regularly applauded for your culinary combos. Write those recipes down!

YLVA VAN BUUREN
CareerBear.com

Some people see a recipe developer as an artist in the kitchen: pairing this ingredient with that, adding a pinch more of this herb or spice.

In some ways, there is a certain science going on, but mostly, this culinary professional combines curiosity with a good understanding of what flavours and textures go well together, how to combine just the right amounts and how to cook the dish to perfection.

Being able to write it all down in simple and logical steps and language is critical too.

A love of food fuels this career. You are developing recipes for a wide range of clients:

- Consumers who read magazines, follow you on Facebook or buy cookbooks
- Restaurants that need recipes that appeal to certain palettes
- Manufacturers who need recipes that utilize their food products
- Large institutions such as hospitals that need standardized recipes for their cafeterias and kitchens.

Food for thought

Career opportunities

- Commercial recipe developer
- Cookbook author
- Cooking teacher
- Recipes editor
- Food writer
- Recipe tester
- Employed in food services

Salary expectations

- Up to $56K

Copycats welcome!

For me, it's important that people can recreate my food in their home—and it's an honour to be allowed in someone's kitchen."

Emily Richards
Recipe Developer

Career Tracking

Recipe developers may start their career in the kitchen of a restaurant where they receive hands-on training. Their career may progress to developing new recipes for the restaurant or they may be hired by a commercial company to test recipes and then develop new ones. Some recipe developers work in test kitchens of magazines, cooking shows, etc. They may work as a freelance developer as well.

Successful recipe developers are:

- Passionate about food and cooking
- Detail oriented
- Curious
- Risk takers
- Up on food trends
- Flavour enthusiasts
- Persistent
- Great at combining flavours
- Good at remembering ingredients and amounts

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Cutting the kids off no longer computes

Let's talk about tech.
A frank discussion about privacy and posts will resonate with your student more than a strict, no-Internet sentence

Does Junior know?

- Online services routinely collect personal data, such as a person's birth date or the location of their phone, and they commonly share the information with third parties for marketing.

After Friendster came MySpace. By the time Facebook dominated social media, parents had joined the party, too. But the online scene has changed — dramatically, as it turns out — and these days even if you're friends with your own kids on Facebook, it doesn't mean you know what they're doing.

Thousands of software programs now offer cool new ways to chat and swap pictures. The most popular apps turn a hum-drum snapshot into artistic photography or broadcast your location to friends in case they want to meet you. Kids who use them don't need a credit card or even a cellphone, just an Internet connection and device such as an iPod Touch or Kindle Fire.

Parents who want to keep up with the curve should stop thinking in terms of imposing time limits or banning social media services, which are stopgap measures. Experts say it's time to talk frankly to kids about privacy controls and remind them — again — how nothing in cyberspace every really goes away, even when software companies promise it does.

"What sex education used to be, it's now the 'technology talk' we have to have with our kids," said Rebecca Levey, a mother of 10-year-old twin daughters who runs a tween video review site called KidzVuz.com and blogs about technology and educations issues.

Rebecca Levey, mother of 10-year-old twin girls, feels that children need to understand the pitfalls of carelessly sharing personal information online.
KATHY WILLENS / THE ASSOCIATED PRESS

More than three-fourths of teenagers have a cellphone and use online social networking sites such as Facebook, according to the Pew Research Center's Internet and American Life Project. But Facebook for teens has become a bit like a school-sanctioned prom — a rite of passage with plenty of adult chaperones — while newer apps such as Snapchat and Kik Messenger are the much cooler after-party.

Even Facebook acknowledged in a recent regulatory filing with the Securities and Exchange Commission that it was losing younger users: "We believe that some of our users, particularly our younger users, are aware of and actively engaging with other products and services similar to, or as a substitute for, Facebook," the company warned investors in February.

Parents often hand their kids a mobile device without understanding exactly what it can do, said Dale Harkness, a technology director at Richmond-Burton Community High School in Richmond, Ill. He estimates that even without using social media services, the average high school student probably transmits some 150 texts a day.

"It's not anything that every parent and grandparent hasn't already seen," Harkness said. The problem, he adds, is that actions "get documented, replayed and sent around." He said that students "forget how fast it moves and how far it goes."

Levey links her kids' devices to her iTunes account so she's aware of programs they install. She also requires that her kids make their accounts accessible to her and follow certain ground rules: protect your passwords, set privacy controls and never transmit inappropriate pictures or words.

A big hurdle for parents is overcoming the idea they are invading their kids' privacy by monitoring online activity, she said. In fact, she said, it can be the kid's first lesson that hardly anything online is private, anyway.

"If they want privacy," she said, "they should write in a journal and hide it under their mattress."

THE ASSOCIATED PRESS

The Net and the bees

"What sex education used to be, it's now the 'technology talk' we have to have with our kids."
Rebecca Levey
KidzVuz.com

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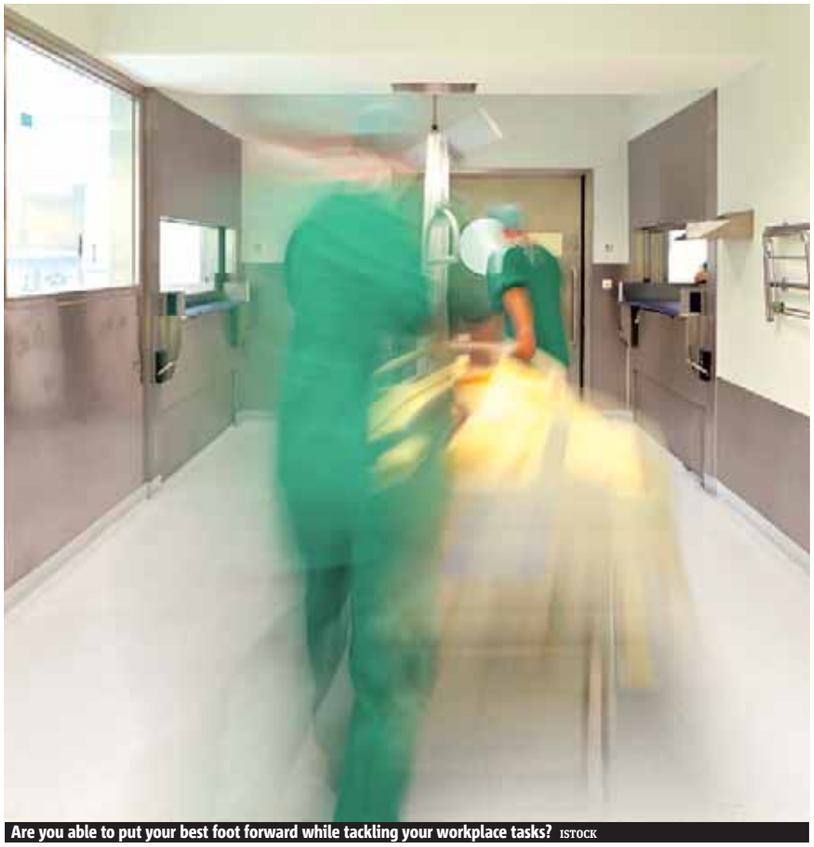

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Construction workers, police officers, teachers and nurses have very different careers, but Canadians working in these occupations have one thing in common — an increased risk of a disabling foot injury.

"Long periods of standing on the job can cause muscle and ligament fatigue, which increases the risk of injury to the feet. These risks are even higher if you wear ill-fitting or unsupportive footwear, repeat the same action over and over or have improper foot alignment," says Ryan Robinson, a Canadian Certified Pedorthist and president of the Pedorthic Association of Canada.

Ouch at the office

"Long periods of standing on the job can cause muscle and ligament fatigue which increases the risk of injury to the feet. "

Ryan Robinson
Canadian Certified Pedorthist

"The resulting inflammation and abnormal wear and tear can lead to serious and painful foot and leg conditions and reduced mobility."

Although Canadians working in jobs that require lengthy periods of standing can rarely change the amount of time they spend on their feet, they can take precautions to reduce the likelihood of injury.

One of the best defences is purchasing professionally fitted, supportive footwear, Robinson points out. Whether the job requires safety boots or dress shoes, purchasing correct fitting footwear with maximum support will dramatically decrease the likelihood of an injury occurring.

Pedorthists often create custom orthotics for patients who experience problems due to the high demand their career has put on their feet and legs. Custom orthotics, says Robinson, serve to properly align and cushion the patient's feet and lower limbs while making their day-to-day activities more comfortable.

If your workplace demands are causing problems for your feet and legs, ask your doctor about a referral to a Canadian Certified Pedorthist to see how they can help you move through your working day with less pain.

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RIDE THE NEW WAVE OF PERKS

AMERICAN EXPRESS AIR MILES RESERVE CREDIT CARD DELIVERS FINER THINGS IN LIFE

JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Luxury airport lounges and business class flights are no longer only something to aspire to after logging thousands of miles air travel. The tides have turned and with that comes a new wave of luxury travel perks from American Express Canada and the Air Miles Reward Program.

"There's a definite trend in the travel industry where people are expecting more enriched travel and service experiences," says Norman Howe, president and CEO of Butterfield & Robinson, the world's leading active travel company. "This is what Butterfield & Robinson has been doing for years — we focus on maximizing the joy of travel whereas most people focus on minimizing the pain — so I'm not surprised a travel rewards program is following suit."

As a regular traveller whose business plays in the luxury travel market, Howe sees the benefit in offering premium travellers and avid Air Miles Collectors access to more luxurious benefits that work to enhance the overall travel experience.

"Today's luxury traveller wants an experience that stands out from the crowd," Howe says. "Sipping a glass of champagne in the peace and quiet of an airport lounge or speaking to an exclusive Air Miles concierge are the things that turn your regular trip into a luxurious travel adventure that is hassle free."

In addition to a list of premium travel benefits, such as an annual short haul companion ticket, the new American Express Air Miles Reserve Credit Card also includes the introduction of Air Miles FlexFly, the first service of its kind available through the Air Miles Reward Program. Through this unique offering, Reserve Cardmembers can travel in both economy and business class with no blackout dates, use reward miles to cover taxes and fees on flight redemptions, and are given exclusive access to additional airlines, destinations and departure times.

"Premium access, exclusivity and fewer restrictions — this is the language of the luxury traveller," Howe says.

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Do you dream of surfing Hawaii's North Shore, sampling the world's finest croissant at a French café or sandboarding down the dunes in Abu Dhabi? Then make this summer the season to realize your travel dreams.

A luxury vacation is something we all deserve, and the American Express Gold Rewards Card brings it one step closer.

Travel rewards programs are a great way to supplement your travel budget. Here are a few tips on how you can grow your rewards bank and then use your points for the perfect summer getaway:

PHOTODISC/THINKSTOCK

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CASH IN ON LAST-MINUTE DEALS

Book any travel you can find, including last-minute fares and seat sales, through any travel provider on your American Express Gold Rewards Card. By visiting the Membership Rewards site, you can then use your points to cover the charge with TripFlex rewards — taxes and fees, too.

FOCUS YOUR SPENDING

Consolidate your spending on one card to enhance the power of your points. With the right card in your wallet, you can benefit from flexible rewards that fit your lifestyle.

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Milan Lucic's second-period shot squeaks between Maple Leaf goalie James Reimer's pads on Monday night in Boston. WINSLOW TOWNSON/THE ASSOCIATED PRESS

Bruins surge back to best Maple Leafs

NHL. Bergeron, Lucic erase two-goal deficit as Boston splits home-and-home with Toronto

Patrice Bergeron scored the tying goal with 9:24 left in regulation, then put Boston ahead in the shootout as the Bruins held on for a 3-2 victory over the Toronto Maple Leafs on Monday night.

Milan Lucic also scored for Boston, which rallied from a 2-0 deficit and improved to 11-2-1 at home this season.

On Monday

Bruins	Leafs
3	2

Joffrey Lupul scored on Toronto's first power play, giving the Leafs a 1-0 lead. Nikolai Kulemin put the Leafs up 2-0 on a breakaway with 11:59 left in the second. Nazem Kadri blocked a shot, controlled the puck and spotted Kulemin streaking up the ice.

The assist gave Kadri a team-high 35 points. Tuukka Rask had 23 saves through regulation and overtime, then stopped Kulemin on the Maple Leafs' last chance to extend the shootout, which Boston led 2-1 on goals by Tyler Seguin and Bergeron.

Rask had been beaten by Kulemin on a breakaway in the second period, but stopped him this time, kicking the puck away with his right pad and preserving the win for Boston.

Toronto held Boston to just six shots in the third period, but Boston got a goal out of one of them.

The Leafs topped the Bruins for the first time in nine games with a 3-2 win on Saturday night at the Air Canada Centre. THE ASSOCIATED PRESS

NBA

Heat move within six of Lakers' record

LeBron James left one rebound shy of a triple-double, feigning a bit of frustration as he checked out of the game.

That's about all the Miami Heat could complain about these days.

James finished with 24 points, 11 assists and nine rebounds, and the Heat won their 27th straight game by running away in the final minutes to beat the Orlando Magic 108-94 on Monday night.

The Heat now are within six games of matching the 1971-72 Los Angeles Lakers for the longest winning streak in NBA history.

THE ASSOCIATED PRESS

Heat forward LeBron James GETTY IMAGES

Tennis

Raonic pulls out of match with illness

Canada's Milos Raonic was forced to withdraw prior to his third-round match Monday against Sam Querrey at the Sony Open due to strep throat, but said he should be fine for Davis Cup play next week in Vancouver.

"It's just bad luck, nothing more," said a pale Raonic, who said he had a fever prior to playing his previous match on Saturday against Frenchman Guillaume Rufin.

THE CANADIAN PRESS

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Paperback to the future

Dickey sizes up NL Cy Young season in book

Yes, the paperback edition of R.A. Dickey's autobiography gives the erudite knuckleballer a chance to amend the hardcover with a Hollywood ending.

But more importantly, it also gives him the opportunity to address an error he made in the book's third sentence, when he wrote he would never lead the league in strikeouts.

In fact, Dickey led the National League with 230 Ks last season.

"I had to apologize formally for that," Dickey said, laughing, after a morning workout in Dunedin, Fla.

Last year's Cy Young award was a fairy-tale finale to a season that began with Dickey making headlines not for what he had done on the mound, but for the book he had written off it.

In it, he recounted not only his improbable career trajectory, but also the sexual abuse he suffered as a child.

Wherever I Wind Up: My Quest for Truth, Authenticity and the Perfect Knuckleball, a New York Times bestseller, arrives in paperback Tuesday ($18, Penguin Canada) with a new epilogue chronicling last year's Cy Young season.

TORSTAR NEWS SERVICE

J.P. catches fire against Phillies in Dunedin

Toronto catcher J.P. Arencibia, left, and right-fielder Jose Bautista celebrate Arencibia's fourth-inning, two-run home run against the Philadelphia Phillies on Monday in Dunedin, Fla. Arencibia homered twice, Josh Johnson struck out eight in 5 1-3 shutout innings and the Blue Jays beat the Phillies 13-4. Arencibia got more good news as manager John Gibbons announced he and Henry Blanco will share catching duties for knuckleballer R.A. Dickey. KATHY WILLENS/THE ASSOCIATED PRESS

Opening day out of reach for Lawrie

MLB. Jays third baseman to start season on DL due to lingering rib injury

The Toronto Blue Jays aren't willing to risk third baseman Brett Lawrie suffering another long-term injury.

The team announced Monday that the native of Langley, B.C., will open the season on the disabled list with a strained rib cage on his left side. The Jays had been holding out hope that Lawrie might be ready to open the season on time, but decided a careful approach was needed.

"I wish that I could say I'm going to be ready on this day, but I can't go as hard as I want to go out on the field until it feels like my other side," Lawrie said. "I want to make sure that when I go back out there to play it's to stay out there. It's not go out there and test it. I just don't want that hanging over me, I don't like that in my head, the thought that it could get worse."

Last season Lawrie tried to play through pain and ended up missing two months with a right oblique injury.

THE CANADIAN PRESS

Quoted

"Yeah you can go out there and suck it up ... but what happens when I have to go back to the manager and say it's a little sore again, then I have to go through this whole process again?"

Blue Jays second baseman Brett Lawrie

NBA. Raptors' Gay not quite ready to call it a day

The Toronto Raptors aren't about to assure anyone that Rudy Gay will play extended minutes in every game between now and the merciful end to another tough regular season, but they aren't about to mothball him until the fall, either.

Gay's bad back is going to be one of those recurring things teams have to deal with but as long as it's loose and the doctors give their blessings, he's going to be good to go.

Call him day-to-day until there are no days left in the year.

"The only way I'm going to be shut down is if the doctors tell me I have to stop playing," Gay said Monday after taking part in a workout at the Air Canada Centre. "I've been forced out before and that's not something I look forward to doing again.

"It's just something that kind of locks you out for a day or two, but I've been working with Alex (McKechnie, the team's director of sports science) and Scott (McCullough, the team's athletic trainer) and all those guys and I'm going to push it out as far as I can."

Raptors forward Rudy Gay
TORSTAR NEWS SERVICE

Gay's wonky back has kept him out of a couple of games already, the most recent being a Saturday night loss in New York. TORSTAR NEWS SERVICE

Soccer

Canada suffers loss in not-so-friendly

Canada versus Belarus was a friendly in name only.

Vitali Radzionau and Uladzimir Khavaschynski scored to give Belarus, ranked 62nd in the world, a 2-0 win over No. 68 Canada on Monday in Doha, Qatar.

After Belarusian manager Georgy Kondratiev was ejected from the match in the second half for arguing an offside call, a melee arose when Canadian defender Dejan Jakovic was taken down from behind. That led to a shoving match between the two teams before the two referee's assistants came on the field to help diffuse the situation.

The match saw five yellow cards. THE CANADIAN PRESS

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Tiger climbs back atop the mountain in world rankings

PGA. Woods cruises to win at Arnold Palmer Invitational to take No. 1 spot from McIlroy

Tiger Woods is back to No. 1 in the world with a game that looks as good as ever.

Woods walked off the 18th green Monday waving his putter over his head — his magic wand this week at Bay Hill — to acknowledge the fans who have seen this act before. He won the Arnold Palmer Invitational for the eighth time to tie a PGA Tour record that had not been touched in 48 years.

This win had extra significance. It returned Woods to the top of the world ranking for the first time since the final week of October 2010, the longest spell of his career.

"It's a byproduct of hard work, patience and getting back to winning golf tournaments," he said.

Knocked off his perch

Rory McIlroy had been No. 1 since he won the PGA Championship last August.

- He can reclaim the No. 1 ranking by winning the Houston Open this week while Woods will be inactive until the Masters in two weeks.

Woods never let anyone closer than two shots in the final round at Bay Hill that was delayed one day by storms. With a conservative bogey he could afford on the last hole, he closed with a 2-under 70 for a two-shot win over Justin Rose.

Next up is the Masters, where Woods will try to end his five-year drought in the majors.

Woods fell as low as No. 58 in the world as he coped with a crisis in his personal life and injuries to his left leg. One week after he announced he was dating Olympic ski champion Lindsey Vonn, Woods celebrated his third win of the season, and his sixth going back to Bay Hill a year ago.

"Number 1 !!!!!!!!!!!!" Vonn tweeted moments after his win.

Like so many other victories, this one was never really close.

Rickie Fowler pulled to within two shots with a 25-foot birdie putt on the 14th hole, but after he and Woods made bogey on the 15th, Fowler went at the flag on the par-5 16th and came up a few yards short and into the water. Fowler put another ball into the water and made triple-bogey.

Fowler had to settle for a 73 and a tie for third with Mark Wilson (71), Keegan Bradley (71) and Gonzalo Fernandez-Castano (72). THE ASSOCIATED PRESS

Tiger Woods acknowledges the crowd after winning the Arnold Palmer Invitational in Orlando, Fla. With the victory, Woods is No. 1 again in the world rankings. DAVID CANNON/GETTY IMAGES

Tiger subdued

Snarl buried below the surface

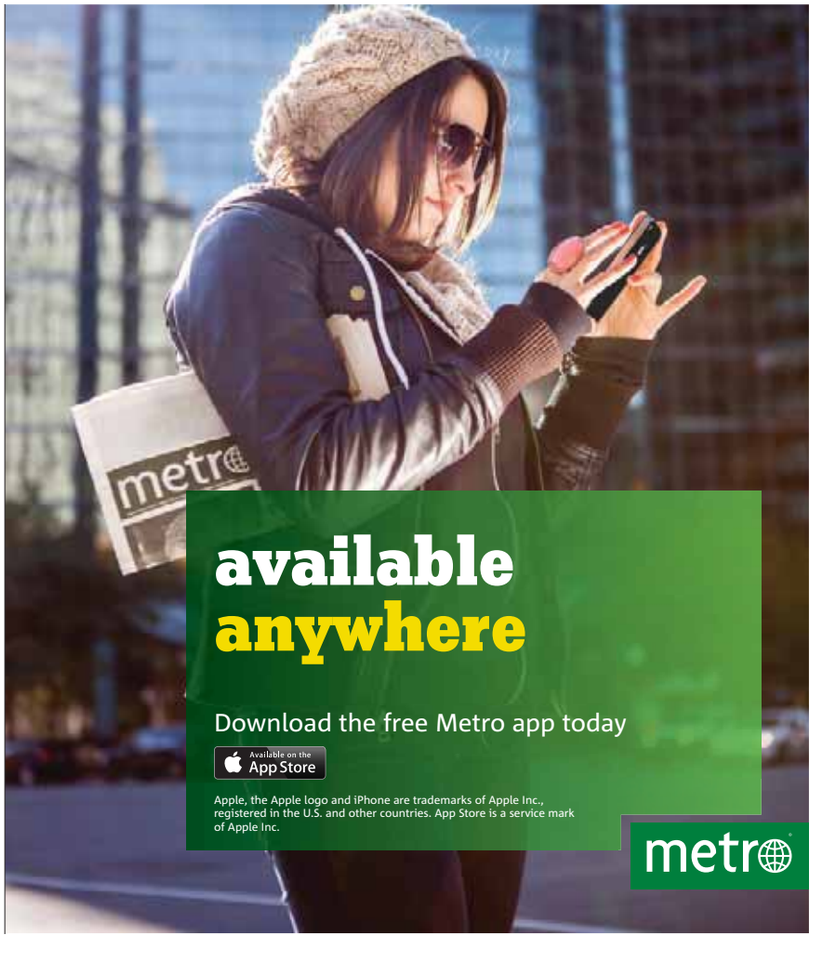
CATHAL KELLY
Special to Metro

He was never very giving of himself. Having returned to the top on his knees, Tiger Woods gives nothing any more.

"How does it feel, after all this time?" Woods was asked, seconds after winning the Arnold Palmer Invitational. If ever there was a moment to look back from the top and appreciate the difficulty of the climb, this seemed like it.

"It's a byproduct," Woods said evasively, and with an odd hint of menace. "A byproduct of hard work."

The game has returned, but the swagger that once accompanied it is gone. Woods is 37 years old. He looks younger. He plays older. **GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON TIGER WOODS.**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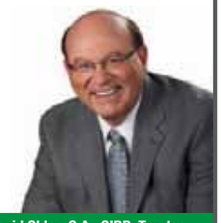

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Horoscopes

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March 21 - April 20
Taking care of other people's needs may be a chore you would prefer to avoid but it has to be done. You may even be surprised to discover you actually quite enjoy the experience.

♉ Taurus
April 21 - May 21
You may be desperate to know what's going on but don't let others know or they'll play games with you. Pretend you don't care and they'll let you in on the joke.

♊ Gemini
May 22 - June 21
With Jupiter, planet of good fortune, transiting your sign and linked to Mars, there is no way you can lose. Even if you do end up a few dollars out of pocket, you will make up for it in other ways.

♋ Cancer
June 22 - July 23
The planets make it clear that the right time to boost your standing is today. Someone in a position of authority will look kindly on your bid for a promotion or a raise, but only if you make that bid now.

♌ Leo
July 24 - Aug. 23
You know what is right and you know what is wrong, so what's the problem? The planets are asking you a simple question: Do you act according to your higher or your lower nature? So, what's your answer?

♍ Virgo
Aug. 24 - Sept. 23
You may not see a direct link between what you do for someone today and what others do for you tomorrow, but it is there. It's a law of the universe that if you help others you also help yourself.

♎ Libra
Sept. 24 - Oct. 23
You won't have to work hard to get what you want today. With Jupiter transiting one of the best areas of your chart, many things come easy to you. Think what you might achieve if you make a serious effort.

♏ Scorpio
Oct. 24 - Nov. 22
You may seriously be thinking about giving up on your quest. Don't! You may still be some way to from the place you want to be but half your journey is already behind you.

♐ Sagittarius
Nov. 23 - Dec. 21
It may look as if some people have been less fortunate than you but there is no reason why you should feel guilty about it. Be the best you are at what you do and set an example.

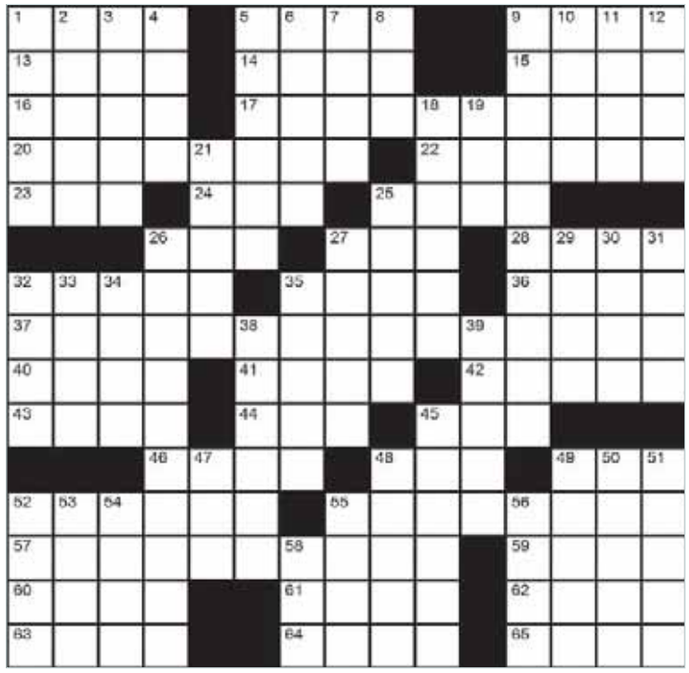
♑ Capricorn
Dec. 22 - Jan. 20
Don't interfere in a situation that has nothing to do with you. However pure your intentions, you will most likely annoy a friend or relative and may even make the situation worse than it was before.

♒ Aquarius
Jan. 21 - Feb. 19
You feel you should be doing something more, something that has meaning. Has it not occurred to you that just being yourself is enough? Maybe you are standing too close to yourself to see it.

♓ Pisces
Feb. 20 - March 20
You can devote the day to pleasure or to work —the choice is yours alone to make. Whichever course you choose, some people are sure to complain but you must ignore them. Their pleasure, it seems, is complaining. SALLY BROMPTON

Crossword: Canada Across and Down

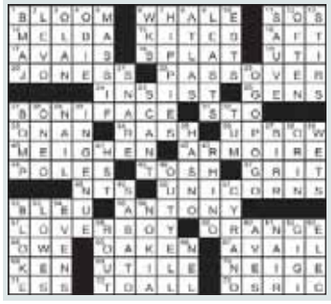
BY KELLY ANN BUCHANAN



Across
1. Pink Floyd's "Comfortably __"
5. Gremlins
9. Operation-giver, for short
13. "Are you __ out?": 2 wds.
14. Say __ (Deny): 2 wds.
15. "Dynamite" singer Mr. Cruz
16. "Star Trek: Deep Space __"
17. "Run Run Run" band from Toronto
20. Canadian fashion brand: 2 wds.
22. Flood-stoppers
23. Bug
24. Half of two
25. Feeling
26. Protrude
27. __. Engr.
28. Herb
32. Mixtures
35. Compete on ABC's "Splash"
36. Puccini aria: "_ __ Babbino Caro"
37. RCAF's CF-18: 2 wds.
40. Store door sign
41. South's opposite, in French
42. Curses
43. Swedish artist, Anders __
44. Aunt: Spanish
45. Iceland band, Sigur __
46. House's back or front area
48. Endings for many Y-ending words when plural
49. Job applicant's 9-digit ID
52. Jagged chain of mountains
55. Quebec locale historically a mining town
57. Component of any makeover: 2 wds.
59. Songstress Ms. Perry
60. Bryan Adams' "18 __ _ Die"
61. Comic strip, __ and Janis
62. Tehran's locale
63. Dutch city
64. "As if!": 2 wds.
65. Richie's mom to Fonzie, __. _

Down
1. "Teenage Mutant __ Turtles"
2. Toronto's __ Station
3. French impressionist, Claude __
4. Brief: French
5. Tab key function
6. Kind of code
7. Memphis deity in ancient Egypt
8. Soak, in dialect
9. Dock workers
10. 'Grad' add-on (Get a diploma)
11. Ceremony
12. Proceeds
18. Master Twist, Charles Dickens character
19. Bird beak
21. Awaken
25. Brilliant
26. "Fire It Up" born in Scotland/raised in Canada singer: 2 wds.
27. Single-named American songstress
29. Jumbo-sized movie venue
30. Vitality
31. Oodles
32. "The Wizard __" (1939): 2 wds.
33. Prefix with 'suction'
34. Disney CEO, Bob __
35. Sci-Fi character
38. Catch
39. Selected
45. Start the computer again
47. 'A' in ETA, for short
48. Basket fibre
49. Ringo's last name
50. Wee bits
51. "Bye Bye Bye" band
52. U.S. pre-coll. exams
53. "__ __ were up to me..."
54. French: Ici __ __ (Here and there)
55. Two choices, _ __ _
56. __ milk
58. Yes, in Japan

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		3		2		4	
		8	1		7	9		
5								7
		6		1		5		
2								8
		5		8		4		
3								9
		1	8		5	6		
	8		7		9		2	

Yesterday's Sudoku

2	9	8	4	5	6	1	7	3
4	6	3	1	7	9	2	5	8
7	1	5	3	8	2	4	6	9
9	7	4	6	1	3	5	8	2
1	8	6	5	2	7	9	3	4
3	5	2	8	9	4	7	1	6
6	4	9	7	3	5	8	2	1
8	3	7	2	4	1	6	9	5
5	2	1	9	6	8	3	4	7

Today
6°/0°
Showers
40%
Wednesday
3°/0°
Wet snow
40%
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1. **BUY** ANY SLICE
2. **PEEL** THE TAB
3. **GOOD LUCK** AND BUON APPETITO

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*NO PURCHASE NECESSARY. For complete Contest details, information about entry and how to claim your prize, see the rules posted at participating Pizza Nova stores and at www.pizzanova.com. Number of prizes diminish as claimed. Contest closes April 28, 2013 or while supplies of promotional pizza trays last, whichever comes first. Winning pizza trays and peel tabs must be received by: 5:00PM (ET) on July 31, 2013 in order to redeem a Grand Prize; or, by the close of business on close of business on July 31, 2013 in order to redeem a Secondary Prize.

Alitalia SKYTEAM